The Artichoke Trail

A Guide to Vegetarian Restaurants, Organic Food Stores and Farmers' Markets in the U.S.

Hunter Publishing, Inc.

VISIT…

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A Guide to Vegetarian Restaurants,
Organic Food Stores &
Farmers' Markets in the US

HUNTER

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Prices, hours of operation, amenities and conditions change over the course of time, and readers are advised to contact the locations prior to planning a visit. The restaurants, markets, shops and other businesses listed in this book have been reviewed over a period of time and reflect the personal experiences of the author and other contributors to this guide. The author, contributors, and publisher cannot be held responsible for the experiences of the reader with regard to the establishments listed herein. We welcome comments and suggestions from our readers for future editions.

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Cover art by Tom Frost

4 3 2 1

For Kimberly

About the Author

James Bernard Frost was born and raised in a meat-and-potatoes suburb of Dallas, Texas. A college course in world geography led him to the conclusion that a plant-based diet would become a global necessity in the years to come. Although he has yet to become a full-fledged vegetarian, Jim's love of innovative, organic cooking led him to hit the road in search of quality meatless cuisine. These discoveries are outlined in the book you now hold in your hands. Today, Jim resides in San Francisco, where he lives, works and eats.

Acknowledgments

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We Love To Get Mail

This book has been carefully researched to bring you current, accurate information. But no place is unchanging. Comments are welcome for future editions. Send letters to *The Artichoke Trail*, c/o Hunter Publishing, 130 Campus Drive, Edison, NJ 08818, or by e-mail to hunterp@bellsouth.net.

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Introduction

Living in San Francisco, my girlfriend Kimberly and I are amazed at the excellent quality of vegetarian restaurants in our city. However, we wanted to see what else was out there in this great nation of ours, so we took a trip to our local Barnes & Noble hoping to find a guide to the pleasures of vegetarian dining throughout the United States. We were disappointed that such a travel book did not exist, and thus an idea was formed.

Shortly afterwards, I took on the task of producing a guidebook that would help readers find alternative dining options in the United States. After nearly two years of labor, the book in your hands is that guide. Not just a guide to restaurants, natural foods stores and farmers' markets, the book also contains facts and tidbits that health-minded and environmentally conscious individuals will find appealing.

In an effort to make this book useful to the wide range of people who are vegan, vegetarian, struggling to become vegetarian, or simply appreciate meatless cooking, I have included a wide range of restaurants, stores and markets in this guide. You'll find everything from hamburger joints with a garden burger option to gourmet raw foods restaurants that adhere to strict vegan standards and espouse the consumption of easily digestible uncooked foods. I have also given special consideration to budget travelers trying to stretch their dollars. All listings have an eye toward value.

What Does It Mean To Be A Vegetarian?

The precise and correct usage of the term vegetarian is disputed by various groups within the vegetarian movement. For the purposes of this book, the term "vegetarian" refers specifically to those who abstain from consuming the flesh of animals (beef, poultry and seafood), but who might eat various animal by-products such as eggs, milk, cheese, etc. The term "vegan" is used here when referring to those who eschew both. "Macrobiotic" is a loosely used term herein to describe an Eastern philosophy of vegetarian dining that emphasizes a balance in diet.

This guide does not delve deeply into the reasons for choosing to become vegetarian. The subject is better explored in a number of well-written books. Current, highly recommended primers include Joanne Stepaniak's *The Vegan Sourcebook* and Howard F. Lyman's *Mad Cowboy: Plain Truth From the Cattle Rancher Who Won't Eat Meat*.

How To Use This Book

The book is organized by region, with states listed alphabetically in each chapter. Cities, major and otherwise, are listed alphabetically under each state – major cities are oftentimes divided into sub-areas as well. Within each subsection you will find a general description of area restaurants and natural foods stores, as well as an assortment of featured restaurants.

Each state listing begins with an overview and describes the area's vegetarian outlook, and tells about regional cuisine that includes vegetarian options. In addition, under both state and city listings, you'll find information regarding common tourist destinations to help you make the most of your travels.

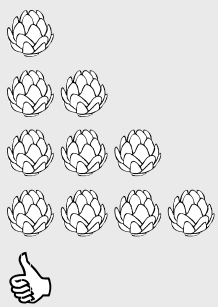
At the end of this guide is a state-by-state listing of farmers' markets. This compilation was gleaned from various Web sites, as well as the *National Directory of Farmers Markets*, a pamphlet published by the US Department of Agriculture. Unless specifically noted as an organic or vegetable-only event, markets listed may sell beef, poultry or seafood, as well as genetically altered or chemically treated vegetables.

The last chapter contains a glossary of food items and dishes.

Featured Restaurants

The featured restaurants scattered throughout this book were chosen for reviews based on the restaurant's reputation and my accessibility to it. They are not necessarily better or worse than non-reviewed restaurants. Some featured restaurants were simply given a "thumbs up" symbol. In these cases, it's either one of two things: 1) I had only the time to stop in quickly, check the place out, talk to staff members and maybe grab a quick appetizer, or 2) the restaurant was highly recommended by its patrons. Either way, I didn't have enough information to give it a complete rating.

Featured Restaurant Rating Scale



Fair
Good
Excellent
A Must Visit
Recommended

Featured Restaurant Price Scale	
Price scale reflects the average cost of an entrée.	
$	Less than $6
$$	$6-$12
$$$	More than $12

Before You Go

It's always a good idea to contact locations before you set out to confirm hours of operation, location, and to find out whether major credit cards are accepted, as many small establishments are on a cash-only basis. Although every effort has been made to ensure that the information in this guide is correct, many businesses change their hours of operation according to season or other factors. Some may move or even go out of business before this book is released. When you visit places listed in this book, be sure to mention that you read about them in *The Artichoke Trail.*

Helpful Web Sites

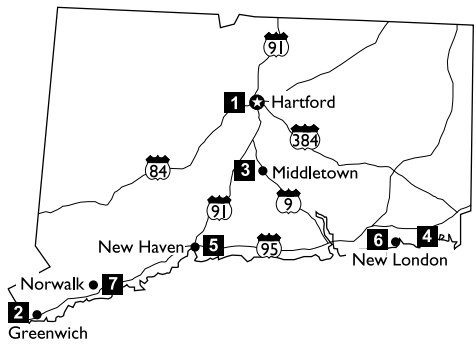
The following is a list of handy Web sites of interest to vegetarian travelers:

- **www.vegetariantimes.com** – *Vegetarian Times* magazine maintains a glossy Web site with well-researched recipes, vegetarian menu substitutions and a bulletin board for posting notes.
- **www.epicurious.com** – Epicurious is an award-winning food encyclopedia. Web site includes a database with thousands of searchable recipes and an expansive food dictionary.
- **www.vrg.org** – The Vegetarian Resource Group maintains the most linked to vegetarian site on the Web. VRG's Web site features nutritional tips, a guide to raising children on a vegetarian diet, travel tips and much more.
- **www.ivu.org** – The International Vegetarian Union provides vegetarian contact information for hundreds of countries.
- **www.vegsource.org** – VegSource Interactive's site is somewhat difficult to navigate, but if you can find your way to their message boards a visit is well worth it. Ask a question in one of the many topic areas; the well-attended boards provide frequent answers.
- **www.vegetarian.about.com/food/vegetarian** – About.com maintains a well organized listing of unusual vegetarian links. You'll find quirky tips, including a guide to having a vegetarian wedding!
- **www.ams.usda.gov/farmersmarkets/map.htm** – The USDA posts a fairly accurate listing of farmers' markets throughout the US. If possible, however, call before visiting an unfamiliar market.

- **www.nal.usda.gov/afsic** – Growers will find a wealth of information on organic farming methods at the Alternative Farming Systems Information Center Web site. Organized by topic, the site has direct links to the National Agricultural Library's database.
- **www.waste.org/regveg** – Want to find more information about vegetarianism in your neck of the woods? The RegionalVeg Network maintains mailing lists in various states and cities throughout the US.
- **www.chickpages.com/veggiefarm/famousveg** – You're in good company! Check out this list of famous vegetarians.
- **www.peta-online.org** – PETA's (People for the Ethical Treatment of Animals) homesite examines ethical reasons for vegetarianism.
- **www.meatstinks.com** – Check out some of PETA's clever anti-meat-eating marketing schemes on this fun, promotional Web site.
- **www.molliekatzen.com** – Download some excellent recipes at this Web site of Mollie Katzen, the author of *Moosewood Cookbook*.
- **www.veg.org/veg/FAQ/extinction.html** – The Vegetarian Pages offer some snappy statistics arguing for a global transformation to a vegetarian diet.
- **www.living-foods.com** – Excellent resource for anyone interested in a raw foods diet.
- **www.vegetariandogs.com** – Discover safe and ethical ways to convert your canine companion to a vegetarian diet.

The Northeast

Connecticut



1. Lion's Den Vegetarian Restaurant; Reader's Feast; Congress Rotisserie; Lemon Grass Restaurant; Garden Of Light Natural Foods Market; Timothy's Restaurant
2. Organic Planet; Organic Gourmet; The Little Pepper
3. It's Only Natural
4. Mystic Pizza; Wokery In Mystic; Helene's Health Port; One South Café
5. Claire's Corner Copia; Rainbow Café; Pad Thai Restaurant; Bangkok Garden Restaurant; Avanti's; House Of Chao; India Palace; Mamoun's Falafel Restaurant; Edge Of The Woods
6. Wokery
7. Food For Thought; Fountain Of Youth; Organic Market

As you head away from New York City things slow down a bit – you can breathe easier in Connecticut. You'll also bypass the traffic that more popular tourist destinations in Massachusetts and Rhode Island receive. There's still plenty to see here, though, and you'll find veggie-friendly restaurants and stores near all the major attractions.

Hartford

Connecticut's capital is a workaday city, without too much to offer the tourist. The insurance racket is the main gig in town, so most visitors come here on business. There are a couple of places to see, most notably the Mark Twain House and Elizabeth Park.

Near Elizabeth Park, which is famous for its collection of roses, is the **Lion's Den Vegetarian Restaurant** (403½ Woodland, ☎ 860-241-0512). Farmington Avenue is lined with shops and cafés all the way out to West Hartford. You'll want to make **Reader's Feast** (529 Farmington Ave., Bookstore: ☎ 860-232-3710; Café: ☎ 860-523-9897) your first stop. This bookstore is the perfect place to spend a cold winter day. The adjoining café has an all-vegetarian menu of soups, salads and sandwiches.

Another good stopping place is **Congress Rotisserie** (274 Farmington Ave., ☎ 860-278-7711). If you ignore the rotisserie chicken, there's a good selection of creative vegetarian sandwiches and soups here. There are also two downtown locations (10 Columbus Blvd., ☎ 860-528-8720, and 208 Trumbull St., ☎ 860-525-5141). Farther down Farmington Avenue in West Hartford is **Lemon Grass Restaurant** (7 S. Main, West Hartford, ☎ 860-233-4405), a quality Thai eatery.

The Hartford area's best natural food store is a little ways outside of downtown in Glastonbury. **Garden Of Light Natural Foods Market** (2836 Main St., Glastonbury, ☎ 860-657-9131, www.gardenoflight.net) has an incredible deli with daily entrées. Their catering service is also superb.

TIMOTHY'S RESTAURANT, 243 Zion St., Hartford, ☎ 860-728-9822. Price: $-$$. American, Tex-Mex. Hours: Monday through Thursday, 7am-8pm; Friday, 7am-9pm; Saturday, 8am-9pm.

If you're looking for quality comfort food at reasonable prices, then you should make a trip out to Timothy's Restaurant, Trinity University's local hidden treasure. Most of the customers are regulars – generally students and faculty from the nearby private university. Upon entering, it is customary to chat with owner Timothy Otte as he cooks on the grill behind the front counter.

While Timothy's is not completely vegetarian, it is extremely vegetarian-friendly. The menu selection is large, offering some Tex-Mex dishes as well as basic breakfast and lunch selections. The breakfast quesadilla comes highly recommended and, like anything on the menu, can be altered to your taste. Jalapeño chilies and avocado make great additions to this dish. The salad list is long, and the soups are exceptional. The soup selection changes daily and is always served with slices of bread baked fresh by Timothy. The vegetable soup, a thick tomato broth with chunks of carrots, onions, broccoli, beans and squash, is perfect during the cold Hartford winters, and the cold gazpacho, which includes fresh herbs grown in the restaurant's garden, is refreshing in the east coast summers.

The place itself is modest, relatively small, and is decorated with hand-colored signs describing the dishes in detail. Ingredients are fresh from local growers, and the paper signs are taken down as items run out. One special is the portobello mushroom sandwich, with arugula or baby greens, goat cheese and a roasted red pepper aioli. Another recommendation for fungus lovers is the wild and exotic mushroom enchilada mixed with feta cheese and served with black beans and fruit salsa. Timothy's quiches are also delectable; in addition to ordinary ones like broccoli and cheese, there are new and different flavors such as blue cheese and apple.

Be sure to save room for dessert. The list of available sweets is always as long as the list of entrées and changes according to season. If available, get the "knock-your-socks-off" key lime pie.

In terms of the service, I'll have to admit that it is not the fastest or the most efficient in the world. However, the pace of the restaurant is relaxing and resembles the feel of being at home. And the homestyle cooking combined with the attention to small details, such as the fresh-cut flowers on the table or the homemade jams, is what turns folks into regulars. – *Reviewed by Susie Park*

Greenwich

The community of Greenwich is a sleepy town of New York City commuters. Local vegetarians head for **Organic Planet** (35 Amogerone Crossway, Greenwich, ☎ 203-861-9822) for soups, salads and pizza. For a quick meal, **Organic Gourmet** (177 Sound Beach Ave., Old Greenwich, ☎ 203-637-3035) has lunches to go, as well as a selection of organic groceries. For something more upscale, **The Little Pepper** (420 W. Putnam Ave., ☎ 203-869-8886) serves gourmet Chinese and Japanese cuisine.

Middletown

South of Hartford, along the scenic Connecticut River, Middletown is a good stop if only to visit **It's Only Natural** health food market and international vegan restaurant (386 Main St., ☎ 860-346-1786 [market], ☎ 860-346-9210 [restaurant]).

Mystic Seaport

Connecticut's most popular tourist destination – the town of Mystic – is a historic recreation of a 19th-century working coastal town. More than 60 historic buildings, as well as four ships and many smaller vessels, constitute the seaport, which is inhabited by costumed interpreters who talk to tourists about various 19th-century trades. **Mystic Pizza** (56 W. Main St., ☎ 860-536-3737) is legendary in its own right. The restaurant was made famous as the title of Julia Roberts' first movie. There's nothing special here for vegetarians, but the usual salads, veggie pizzas and meatless grinders in a down-home atmosphere are worthwhile.

Another option in town is **Wokery In Mystic** (6 Greenmanville Ave., Stonington, ☎ 860-572-7964), a Chinese restaurant along the main strip with a health food section on their menu. The natural food store in town is **Helene's Health Port** (27 Greenmanville Ave., ☎ 860-536-7777).

In nearby Stonington, visitors come to see the 19th-century sea captains' homes that loom on high bluffs over the ocean. There are a number of waterfront restaurants and delis here. For something upscale, head to **One South Café** (201 N. Main St., ☎ 860-535-0418), an American restaurant featuring light cuisine, including vegetarian salads and a garden burger for lunch, and fresh pasta entrées for dinner.

New Haven

Although New Haven is best known as the home of Yale University, this is by no means a college town. New Haven is a bustling center of business and industry spurred on by its close proximity to New York City.

At the center of town is the New Haven Green, a quiet place surrounded by beautiful 19th-century churches. Yale University lies to the west of the Green. On the cor-

ner of the Green across from the university is **Claire's Corner Copia** (1000 Chapel St., ☎ 203-562-3888), an all-vegetarian kosher restaurant specializing in soy and tempeh dishes. A big chalkboard points out the daily specials. **Rainbow Café** (1022 Chapel St., New Haven, ☎ 203-777-2390) is a casual restaurant with eight vegetarian sandwich specials, a salad bar and a tofu stir-fry. The **Pad Thai Restaurant** (1170 Chapel St., ☎ 203-562-0322), one block from the Green, and **Bangkok Garden Restaurant** (172 York St., 203-789-8684), across from the Yale Repertory Theater, have been battling for years over the title of best Thai restaurant in town. Both have vegetarian selections.

The following are top choices for veggie fare among other New Haven restaurants: **Avanti's** (45 Grove St., ☎ 203-777-3234) for Italian; **House Of Chao** (898 Whalley Ave., ☎ 203-389-6624) for Chinese; and **India Palace** (65 Howe St., ☎ 203-776-9010) for Indian. The late-night crowd will appreciate **Mamoun's Falafel Restaurant** (85 Howe St., ☎ 203-562-8444). This eatery, specializing in Middle Eastern cuisine, is open until 3am nightly.

For natural food groceries, **Edge Of The Woods** (379 Whalley Ave., ☎ 203-787-1055), near Edgewood Park, is the best place in town. Pick up take-out items at their deli.

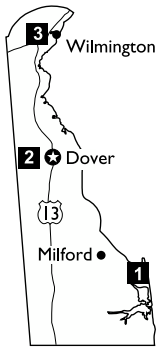
New London & Groton

These historic seaports are now the homes of the US Coast Guard Academy and the US Navy Submarine Base. Both have an informational visitor's center. For dining in the area, **Wokery** (507 Gold Star Hwy., ☎ 860-448-3336) has healthy Chinese.

Norwalk & Westport

Part of the I-95 corridor along Connecticut's southeast shore, both Norwalk and Westport have their share of natural foods stores. In Norwalk you'll find **Food For Thought** (596 Westport Ave., Norwalk, ☎ 203-847-5233), which features a whole-foods deli and bakery, as well as a good selection of organic fruits and vegetables. Westport has two stores on opposite ends of town. **Fountain Of Youth** (1789 Post Rd. E., Westport, ☎ 203-259-9378) serves hot vegetarian meals daily and has "good-looking produce," according to *The New York Times*. The **Organic Market** (285 Post Rd. E., Westport, ☎ 203-227-9007) has a new organic lunch bar with soups, salads, sandwiches and fresh juices.

Delaware



1. Milford Liberty Square Café; Chez Le Mar; Planet X Café; Rainbow Earth Natural Foods; Wholesome Habits
2. El Sombrero
3. Mikasa; Indian Paradise; Sala Salu; King's Chinese Restaurant; Country Health Food Store; Newark Natural Foods

Oft-overlooked, Delaware's sandy beaches and Brandywine Valley are pleasant getaways for East Coasters in the know. Although, not particularly plentiful or innovative, most of Delaware's restaurants offer decent vegetarian options. During the summer, roadside stands selling fresh produce are numerous along the coast.

Delaware Beaches

Delaware's beaches are different from their counterparts to the north and south. Quaint and bike-friendly, the towns and roads along Delaware's Atlantic coast are great escapes, even in the busy summertime. Before heading to the beach though, stop in the little town of Milford at **Milford Liberty Square Café** (227 N. Rehoboth Blvd., ☎ 302-424-0515) for New American in a romantic atmosphere. Rehoboth Beach is Delaware's most popular beach destination. There you'll find the enormous **Chez Le Mar** (210 2nd St., ☎ 302-227-6494). With three dining rooms and a rooftop patio, there are plenty of good views for everyone. The restaurant is open April though October and has an innovative vegetarian menu. For something less sophisticated, head to **Planet X Café** (35 Wilmington Ave., Rehoboth Beach, ☎ 302-226-1928), a funky all-vegetarian coffeehouse.

Rehoboth Beach's oldest natural food store is **Rainbow Earth Natural Foods** (220 Rehoboth Ave., ☎ 302-227-3177). If you're heading to the quiet beach town of Bethany Beach, pick up supplies at **Wholesome Habits** (Route 1, ☎ 302-537-0567).

Dover

Certainly one of America's quieter capitals, Dover is a tiny city without much to offer the vegetarian. The healthiest restaurant in town is **El Sombrero** (655 N. Dupont Hwy., ☎ 302-678-9445), an odd combination Mexican-and-Indian restaurant with a good selection of meatless specials. The small farms surrounding Dover are Amish, so heading outside of the city you'll find many roadside stands to pick up fresh produce and baked goods.

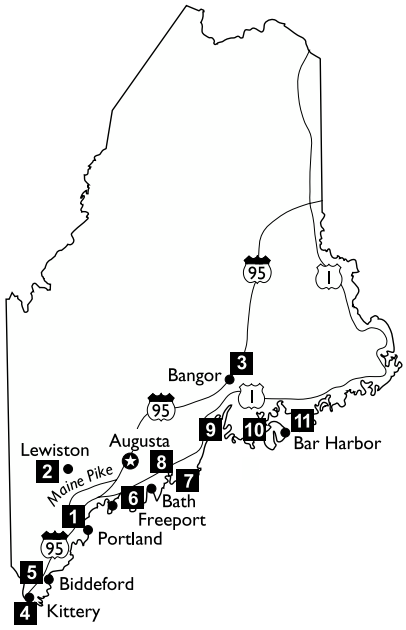
Wilmington & Newark

Overshadowed by Philadelphia to the north, Wilmington and Newark are two cities that thrive on Delaware's lax taxation laws, in effect creating a booming commercial banking industry. With the large populations, there are a number or restaurants to recommend. For veggie-friendly Japanese, **Mikasa** (3602 Kirkwood Hwy., Wilmington, ☎ 302-995-8905) is conveniently located just off of I-95 in Wilmington. **Indian Paradise** (1710 Newport Gap Pike A, Wilmington, ☎302-999-0855) also has a good selection of vegetarian items. In Newark, **Sala Salu** (16 Marrows Rd., Newark, ☎ 302-368-4545) is a casual brew/pub with some surprisingly thoughtful gourmet entrées. For Chinese, the **King's Chinese Restaurant** (Meadowood Shopping Center, Newark, ☎ 302-731-8022) is known locally for their ability to accommodate alternative diets.

For organic groceries in Wilmington, try **Country Health Food Store** (2199 Kirkwood Hwy., Elsmere, ☎ 302-995-6620). They also have a good selection of health-related books. In Newark, **Newark Natural Foods** (280 E. Main St., Newark, ☎ 302-368-5894) is a co-op with specialty items and organic produce.

Maine

Maine's major attraction has long been its rugged and worn coastline. Whether it's blue-collar fishermen making their living or wealthy yachting enthusiasts enjoying their summer homes, the sea draws plenty of people to these shores. With its short growing season and enormous seafood industry, it's surprising that there are this many vegetarian eateries in the state.



1. Walter's Café; Pepperclub; Mesa Verde; Silly's; Wok Inn; The Whole Grocer; Portland Market
2. Nothing But The Blues Café
3. Bahaar Pakistani Restaurant
4. Vegan Kitchen
5. New Morning Natural Foods
6. Corsican Restaurant
7. Morning Glory Natural Foods
8. Sarah's Café
9. Darby's Restaurant & Bar; 90 Main Street; Belfast Cooperative
10. Blue Hill Co-op
11. Burning Tree

Portland

The pleasant port town of Portland is Maine's commercial and cultural center. Hidden behind the new high rises is The Old Port, a commercial area with small antique shops and used bookstores. A few blocks down Congress Street from the Old Port is the Arts District, home to the Portland Ballet Company, the Maine College of Art, and the Portland Museum of Art.

In Old Port, **Walter's Café** (15 Exchange St., ☎ 207-871-9258) is a casual and popular lunch spot serving gourmet soups and salads. For a leisurely evening meal, try **Pepperclub** (78 Middle St., ☎ 207-772-0531), which serves seafood and vegetarian dishes in a beach town atmosphere. Check the special board for vegan options. For Californian-style Mexican fare, **Mesa Verde** (618 Congress, ☎ 207-774-6089) prepares low-fat soft tacos and burritos. They also have a fresh juice bar.

Off of Cumberland Avenue, **Silly's** (40 Washington Ave., ☎ 207-772-0360) specializes in unusual Middle Eastern wraps called Abdullahs. The funky atmosphere and inexpensive meals draw a young crowd. For healthy Chinese food in Portland, try the **Wok Inn** (1209 Forest Ave., ☎ 207-797-9052). The restaurant cooks with 100% vegetable oil and no MSG.

Organic produce and natural grains can be purchased at **The Whole Grocer** (127 Marginal Way, ☎ 207-774-7711). The grocery is easily accessible from I-295 by taking the Forest Avenue exit.

A new addition to Portland's art district is the **Portland Market.** Modeled after the immensely popular Pike Place Market in Seattle, the Portland Public Market has permanent small-scale vendors selling a wide variety of foods, crafts and art work. The market is open every day, year-round, but is most crowded on Wednesdays and weekends in the summer and fall.

Lewiston

Off the coastline, Lewiston is the home of Bates College, a well-regarded private institution. The college town crowd dines at **Nothing But The Blues Café** (81 College, ☎ 207-784-6493). The eclectic menu emphasizes vegetarian lunches and dinner.

Bangor

Northern Maine's major business hub is in the chilly town of Bangor. This is also the home of horror novelist Stephen King, as well as the main campus of the University of Maine. To escape from meat and potatoes, locals head to **Bahaar Pakistani Restaurant** (23 Hammond St., ☎ 207-945-5979). You'll find several vegetarian options among the appetizers, biryanis and curries.

Maine's Coastline

Kittery

Bargain shoppers from Boston clog Route US 1 during the summer at Kittery's countless outlet stores and shopping mall. Be sure to head off the beaten path for lunch at the meat-free **Vegan Kitchen** (165 State St., ☎ 207-439-5282).

Biddeford

Secondhand shops greet visitors to Biddeford's revitalized downtown area just across the border from New Hampshire. A small café at **New Morning Natural Foods** (230 Main St., ☎ 207-282-1434) features a daily vegetarian entrée, all-organic salads and homemade soups.

Freeport

Sports outfitter L.L. Bean started its mail-order business here in Freeport and today runs a factory outlet in the town. The **Corsican Restaurant** (9 Mechanic St., ☎ 207-865-9421) serves Italian food with several light entrée options.

Bath

The town of Bath marks the beginning of Maine's mid-coast region, a maze of peninsulas, waterways, lighthouses and harbors. Pick up natural groceries for the drive ahead at **Morning Glory Natural Foods** (36 Center, ☎ 207-729-0546).

Wiscasset

The townspeople of Wiscasset work hard to maintain their town's reputation as the "prettiest village in Maine." Quaint street signs, cobblestone streets and well-maintained homes lend an air of royalty that is rare in the US. On Main Street you can't miss the large building that houses **Sarah's Café** (Route 1, Main St., ☎ 207-882-7504). Sarah's serves three meals a day featuring country favorites and vegetarian specials. The outside deck is a wonderful place to sit and enjoy views of Wiscasset's waterfront.

Belfast

This small town along Route US 1 has long been a secret hideaway for artists and writers. The word got out in recent years, and the emergence of the banking industry has caused rapid growth. Two vegetarian restaurants in town are **Darby's Restaurant & Bar** (155 High St., ☎ 207-338-2339), and **90 Main Street** (90 Main St., ☎ 207-338-1106). Both offer macrobiotic specials alongside soups, salads and other entrées.

For a list of the goings-on in town, check out the bulletin board at the **Belfast Cooperative** (123 High St., ☎ 207-338-2532). This is also a good place to stock up on local organic produce, baked goods, bulk foods, and camping supplies. The small café offers excellent Saturday and Sunday brunches. An unusual find at the **Belfast Farmers' Market** is the Chinese food stand. It's rare to find Asian food this far north. You'll also find Maine traditionals such as blueberries, potatoes and maple syrup. (For more market listings in this area, see *Farmers' Markets* at the end of this guide.)

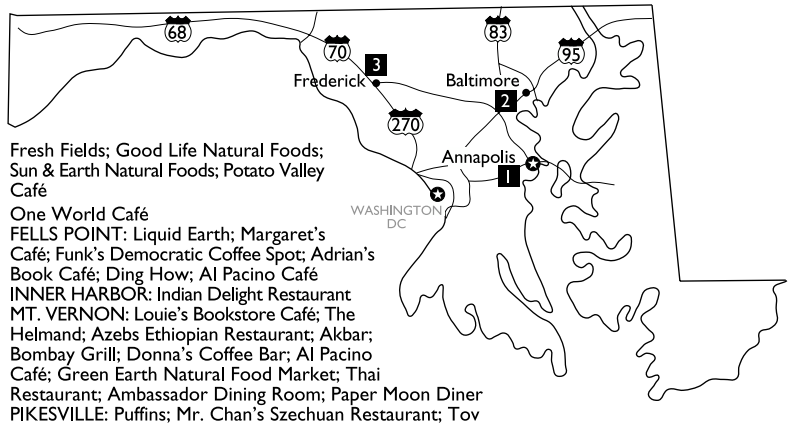
Blue Hill

The charming Blue Hill peninsula houses an odd mix of lobstermen and artisans. **Blue Hill Co-op** (Route 172, ☎ 207-374-2165) sells organic and hydroponic produce and grains.

Bar Harbor & Acadia National Park

Steep mountain grades, natural harbors, and mysterious fingers of coastline mark the terrain of the only national park in the northeast. The gateway to the park is Bar Harbor, a busy tourist town whose small local population is outnumbered by tourists 20 to 1. **Burning Tree** (Route 3, Otter Creek, ☎ 207-288-9331) is an excellent option for upscale dining on the island. Although most of the menu is seafood, a few creative vegetarian entrées using hydroponically grown local produce are always featured.

Maryland



1. Fresh Fields; Good Life Natural Foods; Sun & Earth Natural Foods; Potato Valley Café
2. One World Café
   FELLS POINT: Liquid Earth; Margaret's Café; Funk's Democratic Coffee Spot; Adrian's Book Café; Ding How; Al Pacino Café
   INNER HARBOR: Indian Delight Restaurant
   MT. VERNON: Louie's Bookstore Café; The Helmand; Azebs Ethiopian Restaurant; Akbar; Bombay Grill; Donna's Coffee Bar; Al Pacino Café; Green Earth Natural Food Market; Thai Restaurant; Ambassador Dining Room; Paper Moon Diner
   PIKESVILLE: Puffins; Mr. Chan's Szechuan Restaurant; Tov Pizza; Al Pacino Café
   SUBURBS: Mango Grove; Natural Café
3. Taurasos; Lotus Chinese Cuisine; Common Market; The Orchard; Health Express Food Market

Maryland's inland urban areas include Baltimore, Frederick and their surrounding suburbs. You'll find plenty of options for vegetarians in and around these areas. However, the beach areas surrounding the Chesapeake Bay and the Atlantic are a different story. Crab shacks and old groceries seem to rule the landscape. Pack your cooler ahead of time. For restaurants and natural food stores near Washington DC, including those in Bethesda and Rockville, see pages 70-76.

Annapolis

The capital of Maryland rests on the scenic Chesapeake Bay and boasts a huge historic district with hundreds of 18th-century mansions. It is also home to the US Naval Academy.

You'll find a number of places to pick up natural and organic foods in town, including **Fresh Fields** (2504 Solomons Island Rd., ☎ 410-573-1800), **Good Life Natural Foods** (570 Benfield Village Shopping Center, ☎ 410-647-6602), and **Sun & Earth Natural Foods** (1933 West St., ☎ 410-266-6862). For a sit-down lunch, check out **Potato Valley Café** (47 State Circle, Ste. 100, ☎ 410-267-0902), an interesting joint that serves nothing but potatoes. Choose from a wide variety of toppings.

Baltimore

Dwarfed by Philadelphia to the north and Washington DC to the south, Baltimore has retained a regional feel that those neighboring cities have lost. It is a city of tightly knit neighborhoods. People will tell you, "I'm from Federal Hill," rather than, "I'm from Baltimore."

Baltimore's neighborhood atmosphere makes it a more veggie-friendly place than its reputation as a rough city would lead you to believe. The coffeehouse scene has taken off in the last couple of years, and many cafés have organic and vegetarian specialties. Baltimore's farmers' markets are also popular affairs. Its 10 nearby city markets are the most you'll find in any American city, with the exception of Seattle.

Baltimore is also the home of the **Vegetarian Resource Group**, a great source of information on all things vegetarian. Pick up their flyer from any of the local natural food stores for a list of events or check their Web site at www.vrg.org.

Featured Restaurant RATING

ONE WORLD CAFE, 904 S. St. Charles St., Baltimore, ☎ 401-234-0235. Price: $. Café, organic produce. Hours: Monday, 7am-10pm; Tuesday through Friday, 7am-11pm; Saturday, 8am-11pm; Sunday, 8:30am-10pm.

Baltimore's lauded One World Café in Federal Hill has a loyal following in the neighborhood, although I found it to be not all that much to write home about. It's a simple, dark-wood café with a take-out counter and an upstairs dining section. The second level is a good place to hang out with an Irish coffee and start writing that long-overdue screenplay.

Most of the food is vegetarian, and you'll also find a special organic section on their chalkboard. The eggplant gyro – with spinach, feta cheese, roasted eggplant, red peppers and black olives stuffed in a large pita and served with blue corn chips and a cool cucumber raita – is recommended by local critics. The spicy black-bean burger is a unique variation on the all-too-familiar garden burger. It's topped with ripe avocados, lettuce, onions, sprouts and tomatoes.

Breakfasts are light affairs. Try the Belgian waffles with fruit or sample the granola bowl.

Fells Point

Fells Point residents are proud of their neighborhood, which they saved from demolition when the city wanted to extend the freeway in the '70s. Small brick rowhouses are home to an eclectic mix of antique stores, community theaters, restaurants and live music venues. Fells Point is also famous for being the spot where the popular television program *Homicide* is filmed. Cafés abound in the neighborhood – my favorite is **Liquid Earth**, featured below. Other joints include **Margaret's Café** (909 Fell St., ☎ 410-276-5605), a more traditional café with a country feel and home-cooked meals, **Funk's Democratic Coffee Spot** (1818 Eastern Ave., ☎ 410-276-3865) with late-night hours and daily vegan specials; and **Adrian's Book Café** (714 S. Broadway, ☎ 410-732-1048) for chilling with a cappuccino and a good read.

For more serious grazing, **Ding How** (631 S. Broadway, ☎ 410-327-8888) is the spot in Fells Point for Chinese food, while the **Al Pacino Café** (811 S. Broadway, ☎ 410-327-0005) serves an odd blend of pizzas and Middle Eastern food. Vegans will appreciate being able to substitute soy cheese instead of the usual gobs of mozzarella.

LIQUID EARTH, 1626 Aliceanna St., Baltimore, ☎ 410-276-6606. Price: $-$$. 100% meatless, organic produce, vegan options. Hours: Monday through Thursday, 7am-11pm; Friday, 7am-midnight; Saturday, 8am-midnight; Sunday, 8am-5pm.

Liquid Earth is the epitome of Gen-X coffeehouse gourmet. In an old building loosely held together with red brick and shellac. Liquid Earth's idea of décor is chairs covered with coffee sacks, discarded books, and marker-on-paper urban art. Don't be put off, though – the grunge masks some clever café cuisine.

Hang out over one of Liquid Earth's creative little salads and sandwiches. "The Picnic" is melted brie, organic walnuts, thinly sliced Bermuda onions, pears, and Granny Smith apples thrown together on top of a fresh salad of bitter greens. Regulars worship the sacred submarine – a double dose of provolone and red onions, lightly toasted with baked tofu, organic baby greens, tomato, mushrooms, basil, pickles, cherry hots and seasonings. Liquid Earth's salads are impressive and contain a medley of organic ingredients. The live sprout salad is a scattering of organic sprouts, chopped radish, red cabbage, red onion, capers, organic carrots, and a sophisticated citrus and raspberry balsamic vinaigrette dressing. Everything here is made from scratch and the staff are never in a hurry. So relax and expect a bit of a wait.

If you're tired of earthly pleasures, try something more liquid. A chalkboard full of smoothie choices will baffle the uninitiated. Choose from fruit and vegetable mixes, or down a shot of wheatgrass.

Inner Harbor

Baltimore's Inner Harbor is a glitzy place with tacky restaurants like Planet Hollywood. But you will find nearby **Indian Delight Restaurant** (622 Frederick Rd., ☎ 410-744-4422) a popular spot with students of the community college.

Mount Vernon

The walk up Charles Street from the Inner Harbor through downtown to Mount Vernon is the best in town. You'll pass small shops, boutiques, art galleries and restaurants on your way to the historic Washington Monument where you'll see some of Baltimore's finest architecture. There are also some great stops for vegetarians along the way. **Louie's Bookstore Café** (518 N. Charles St., ☎ 410-962-1224) has a little of everything that is Mount Vernon. It's an art gallery/bakery/café/restaurant. Ethnic food is also popular on the street. Top choices are: **The Helmand** (806 N. Charles St., ☎ 410-752-0311) for a rare taste of Afghan food; **Azebs Ethiopian Restaurant** (322 N. Charles St., ☎ 410-625-9787) for East African eats; **Akbar** (823 N. Charles St., ☎ 410-539-0944) for Middle Eastern fare; and, just off St. Charles Street, **Bombay Grill** (2 E. Madison St., ☎ 410-837-2973) serves up Indian delights.

If that list isn't enough for you, there's also **Donna's Coffee Bar** (2 W. Madison St., ☎ 401-385-0180), where you can hobnob over soup or salad, and another branch of the **Al Pacino Café** (900 Cathedral St., ☎ 410-962-8859) for stellar pizzas. Those who just want supplies should visit **Green Earth Natural Food Market** (823 N. Charles St., ☎ 410-752-1422) for groceries and take-out.

North of Mount Vernon, Johns Hopkins University students enjoy good dining options. The **Thai Restaurant** (3316 Greenmount Ave., ☎ 410-889-7303) was recently voted best Thai in town. For Indian, medical students come in droves to the **Ambassador Dining Room** (3811 Canterbury Rd., ☎ 410-366-1484). If you're headed to the Baltimore Museum of Art, there's a branch of **Donna's Coffee Bar** (Art Museum Dr., ☎ 410-467-3600) inside the museum for vegetarian soups and salads. The late night crowd appreciates **Paper Moon Diner** (227 W. 29th St., ☎ 410-889-4444), a 24-hour eatery with a couple of vegetarian items. Heading farther north into the residential neighborhood of Mt. Pleasant is another **Al Pacino Café** (6080 Falls Rd., ☎ 410-377-3132) that is popular for take-out.

Pikesville

Northwest of downtown Baltimore, Pikesville is a quiet, more upscale suburb with a strong Jewish community. **Puffins**, reviewed below, is in the neighborhood. For Chinese, **Mr. Chan's Szechuan Restaurant** (1010 Reistertown Rd., Pikesville, ☎ 410-484-1100) is a favorite among local vegetarians who appreciate the chef's efforts to please those on vegan or macrobiotic diets. **Tov Pizza** (6313 Reistertown Rd., ☎ 410-358-5238) is a kosher restaurant that serves mostly vegetarian pizzas. There's also a branch of the **Al Pacino Café** (1809 Reistertown Rd., Pikesville, ☎ 410-653-6868).

Featured Restaurant RATING

PUFFINS, 1000 Reisterstown Rd., Pikesville, ☎ 410-486-8811. Price: $$. Natural foods. Lunch hours: Monday though Saturday, 11:30am-2:30pm. Dinner hours: Monday through Thursday, 5:30pm-9:30pm; Friday and Saturday, 5:30pm-10:30pm; Sunday, 5:30pm-8:30pm.

Puffins recently merged with its next-door neighbor, Sin Carne, and now serves items from both Puffins' original natural foods menu and Sin Carne's healthy Mexican menu. However, they've pulled their tofu items, leaving vegetarians with fewer options than in the kitchen's heyday, although there's still plenty to choose from at this suburban hideaway. Judging from my taste test, the quality hasn't diminished.

From the old Sin Carne menu, feast on the portobello and corn quesadillas stuffed with roasted poblano and red peppers, caramelized onions, and a rich blend of cheeses. Also popular is the Thai salad of field greens, scallions, carrots, peppers and chopped peanuts served alongside rice sticks dressed with a Thai peanut sauce. Those who eat light meat dishes will enjoy the sesame-seared tuna topped with grilled pineapple. Dinners are preceded by either red corn chips with a jumping house salsa or a basket of the day's fluffy homemade bread with a sweet potato spread. Both were excellent freebies.

Order a loaf of Puffins' homemade bread to go. The raisin walnut bread with a touch of cinnamon makes excellent breakfast toast. Vegans can be accommodated with advance notice.

Baltimore Suburbs

Among Baltimore's suburbs, some of the more notable finds are **Mango Grove** (6365 Dobbin Rd., Columbia, ☎ 410-884-3426), serving southern Indian specialties with an American twist, and **Natural Café** (560 Cranbrook Rd., Cockeysville, ☎ 410-628-1262), which serves light lunch fare and has an excellent juice bar.

Organic Farming Supply Shop

Anyone who has aspired to be a backyard organic farmer knows how difficult it is to get away from the chemical fertilizers and pesticides that every hardware store and nursery sells. Non-chemical solutions are either buried in backrooms or found only in specialty catalogues.

Baltimore is lucky to have Home Harvest Garden Supply, a gardening shop that sells hard-to-find organic gardening supplies directly to the public. Hobby growers and small-scale farmers will find environmentally responsible products, such as non-chemical fertilizers, natural pest controls, and nursery pots made of biodegradable and/or recyclable material. You'll also find intensive cultivation systems that support hydroponics and drip irrigation, excellent for urban gardeners who wish to maximize production while minimizing water use.

Home Harvest has been nationally recognized and brags of its assistance in implementing a hydroponics system in the National Air & Space Museum's exhibit at the Smithsonian Institution in Washington DC. The store itself is located in the neighborhood of Highlandtown (east of downtown and the Inner Harbor) along Eastern Avenue, one of Baltimore's major arteries. You can also place orders via their Web site.

Home Harvest Garden Supply, Inc., 3712 Eastern Ave., Baltimore, MD 21224, ☎ 800-348-4769, www.homeharvest.com.

Baltimore Area Natural Foods Markets

Fresh Fields
1340 Smith Ave., Baltimore
☎ 410-532-6700

The Golden Temple
2322 N. Charles St., Baltimore
☎ 410-235-1014

Green Earth Natural Food Market
823 N. Charles St., Baltimore
☎ 410-752-1422

Green Earth Natural Food Market
3811 Canterbury, Baltimore
☎ 410-467-2585

The Health Concern
28 W. Susquehanna Ave., Towson
☎ 410-828-4015

Health Department Natural Foods
8719-A Liberty Rd., Randallstown
☎ 410-655-6618

Sprouts
10027 Reisterstown Rd., Owings Mills
☎ 410-363-4222

Village Market Natural Grocer
7006 Reistertown Rd., Pikesville
☎ 410-486-0979

Frederick

The rapidly growing town of Frederick is quickly changing from an agricultural city to a huge DC suburb. Despite the growth, Frederick's skyline of 18th-century church spires allows it to retain a great deal of charm.

On the Side

You'll find the largest ginkgo tree in the nation in Frederick.

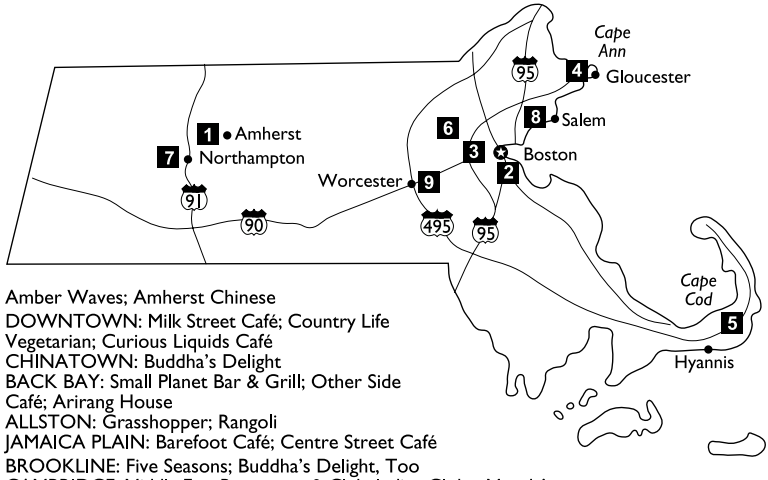
For restaurant-goers, **Taurasos** (6 East St., ☎ 301-663-6600) in Frederick's Everedy Square is a local institution. A huge place serving both upscale and casual Italian in four separate dining areas, Taurasos is a good place to go for any occasion. Ask to see their vegetarian menu. Another nice spot is **Lotus Chinese Cuisine** (107 Baughman's Lane, ☎ 301-694-3388). Their elegant, well-lit interior is great for dining-in, although take-out is an option. Ask to see their vegetarian menu.

Frederick's co-op is called **Common Market** (5813 Buckeystown Pike, ☎ 301-663-3416). Pick up groceries as well as sandwiches at their deli. Smack-dab in the middle of downtown is **The Orchard** (45 N. Market St., ☎ 301-663-4912), an all-natural restaurant where everything is made from scratch. For something a little quicker, try **Health Express Food Market** (1450 W. Patrick St., ☎ 301-662-2293).

Massachusetts

American history is important to Massachusetts – this is where the Pilgrims landed, where the battles of the Revolutionary War were fought, and where the Kennedy's were born and raised. Visitors to the state are inundated with historical markers, houses and graveyards. Renovated white church steeples replace grain elevators and skyscrapers as the most common visages on the city's skyline. The countryside, with all this historical preservation, is best described as quaint. Inland towns, with you-pick apple orchards and cranberry wine, and seaside villages, with lobster pots and weathered downtowns, dot the landscape.

Vegetarians will find it easy to get by here. Although Boston proper doesn't seem to offer much to the meatless tourist, there are plenty of off-the-beaten-track local digs that do. Outside of Boston, Northampton and Amherst are two of the most veggie-friendly towns in the nation. You'll also find plenty of roadside stands along the state's backroads selling fresh, locally grown produce.



1. Amber Waves; Amherst Chinese
2. DOWNTOWN: Milk Street Café; Country Life Vegetarian; Curious Liquids Café
   CHINATOWN: Buddha's Delight
   BACK BAY: Small Planet Bar & Grill; Other Side Café; Arirang House
   ALLSTON: Grasshopper; Rangoli
   JAMAICA PLAIN: Barefoot Café; Centre Street Café
3. BROOKLINE: Five Seasons; Buddha's Delight, Too
   CAMBRIDGE: Middle East Restaurant & Club; Indian Globe; Moody's Falafel Palace; Harvest Co-op; Café At The Harvest; Boca Grande; Indian Club; Cottonwood Café; Passage To India; Christopher's Restaurant & Bar
4. Cape Ann Food Co-op
5. SANDWICH: Marshland Restaurant; Beehive Tavern
   FALMOUTH: Amber Waves Natural Foods
   WOODS HOLE: Fishmonger's Café
   HYANNIS: Pavilion Indian Cuisine; Cape Cod Natural Foods Company
   HARWICHPORT: Wild Oats Natural Foods
   ORLEANS: Lo Cicero's Restaurant
   PROVINCETOWN: Napi's Restaurant; Café Crudite; Healthy Appetites Natural Foods
6. Concord Spice & Grain
7. Bela; Paul & Elizabeth's; Sylvester's; Pizzeria Paradiso; La Cazuela; India House
8. The Grapevine
9. Gentle Lentil

Amherst

Almost a mirror image of its neighbor Northampton to the southwest, Amherst is the home of two selective liberal arts colleges (U Mass and Amherst College), an abundance of new and used bookstores, classic architecture, liberal politics and cheap eats. It is noted in history books as the home of the poet Emily Dickinson, who lived a reclusive life here in the brick house built by her grandfather. Her home may be visited at 280 Main Street.

Vegetarians are well taken care of in Amherst. You'll be bombarded with a refrain of welcome questions at Amherst's restaurants: Soy or fish sauce? White or brown rice? Dairy or non-dairy? Here are a couple of Amherst's more popular vegetarian digs.

Amber Waves (63 Main St., ☎ 413-253-9200) is a casual Main Street eatery with a multi-national Far East menu of Thai noodles, Japanese soups, Vietnamese curries and South Indian dosai. The low prices and huge servings draw in a hungry U Mass crowd. If the vegetables at **Amherst Chinese** (62 Main St., ☎ 413-253-7835) taste uncharacteristically fresh, it's because during the summer they come straight from the owner's farm.

Also look for produce stands along Route 47 coming into Amherst. The autumn corn and squash crops are particularly good.

Boston

Historically, Boston is best known for its role as the hub of resistance for the patriots during the Revolutionary War. The Boston Massacre, the Boston Tea Party, and the Battle of Bunker Hill all took place here. Various sights recalling these events may be visited along the well-marked 2½-mile Freedom Trail that begins at the Boston Common. With more than 50 colleges and universities in the Greater Boston area, including the top-notch schools of Harvard and MIT, the city is a leader in academic life. The myriad students and an Irish tradition have also made this a party town – Boston has some of the most raucous 4th of July and St. Patrick's Day celebrations in the nation.

Although seafood is the primary focus of the downtown culinary scene, adventurous sorts will find a number of creative vegetarian restaurants in the less-touristed neighborhoods of Cambridge, Brookline, Allston and Jamaica Plain. A trip out to these areas is an excellent opportunity to see how "real" Bostonians live.

Boston Common, Beacon Hill & The Financial District

In the heart of Boston is the Boston Common, the country's oldest public park. North of the Commons you'll find Beacon Hill, a neighborhood of narrow cobblestone streets and red brick buildings developed in the early 19th century. Hitching posts, wrought-iron fences and amethyst-colored windows are the architectural highlights of this district. Northeast of the Commons begins Boston's financial district. Interspersed among stately commercial high-rises are more historic sites, including the Old State House, where the Declaration of Independence was first read to Bostonians, and Fanueil Hall, a common venue for revolutionary speeches during the War. The Fanueil Hall Marketplace is adjacent to the hall and houses touristy restaurants and shops.

Just off the Freedom Trail next to the Old South Meeting House, **Milk Street Café** (50 Milk St., ☎ 617-542-3663) is the perfect spot for a relaxing breakfast or lunch. Opening at 7am, this kosher restaurant is popular with business people who grab a croissant, some fruit and a coffee before heading off to work. Lunch draws a more relaxed crowd as tourists and businesspeople mix with a Jewish clientele. A second location in nearby Post Office Square is an excellent place to enjoy Boston's best pocket-sized urban park. Pick up a simple veggie melt or a more sophisticated wrap made from wild mushrooms with mixed greens and sun-dried tomatoes.

Off the tourist trail, but not to be forgotten, **Country Life Vegetarian** (200 High St., ☎ 617-951-2534) is an excellent place for a filling, inexpensive vegan lunch or dinner. For $6 to $8, enjoy the all-you-can-eat buffet. A monthly calendar lists the soups, entrées and vegetables that will be served each day. Appetizing items such as the Thai stir fry with spicy peanut noodles, Cuban black bean soup, and Thai sweet potatoes are among the monthly specials. The restaurant is run by the Seventh Day Adventist Church and is open 11:30am-3pm daily for lunch; and Sunday, Tuesday, Wednesday and Thursday, 5pm-8pm, for dinner.

For a quick veggie sandwich and a good view, the windows at **Curious Liquids Café** (22 Beacon St., ☎ 617-720-2836) look out onto the Old State House and the Boston Common.

Chinatown

Not as large as most East Coast Chinatowns, Boston's Chinatown is a tiny area of unruly streets and abundant Chinese restaurants located southeast of the Boston Common. **Buddha's Delight**, reviewed below, is located in the neighborhood.

BUDDHA'S DELIGHT, 5 Beach St., Boston, ☎ 617-451-2395. Price: $$. Chinese Buddhist, 100% meatless, vegan options. Hours: Open daily, 11am-10pm.

Buddha's Delight's menu, with its focus on Vietnamese Buddhist cuisine, is strikingly similar to that of the newer and more elegant Grasshopper restaurant (see page 23). If the Grasshopper took some hints from venerable Buddha's Delight, who can blame them?

Starting your meal with one of the restaurant's cold beverages is a uniquely Vietnamese experience. Jackfruit with ice is just that – slices of the waxy, peach-like fruit atop ice in a tall glass. Also featured are rambutans, longans, lychees, and durians. Anyone who's spent a little time in Vietnam will recognize the pungent (and frequently unpleasant) aromas of these tropical fruits. For an entrée, the stir-fried tofu with lemon grass, red peppers, onions, mushrooms, baby corn and steamed rice is made nice and spicy. Also try the ginger gluten "chicken" and tofu-ki – the Buddhist version of sweet-and-sour pork.

Buddha's Delight features a large dining room on the second floor of an old Chinatown building. Huge glass windows provide views of the downtown, which currently is undergoing tons of construction and red brick repairs. The restaurant has a second location at 404 Harvard St., Brookline, MA, ☎ 617-739-8830.

The North End

The narrow, curved streets of Boston's North End give this neighborhood an Old World feel. Known as an Italian neighborhood, the area has also housed both Irish and Jewish immigrants throughout the centuries. The Freedom Trail wanders through the neighborhood passing historical sights such as the Paul Revere House, the Old North Church, and Copp's Hill Burial Ground. Fifty or so Italian restaurants are scattered throughout the district; none are particularly veggie-friendly, but almost all will serve a simple pasta and marinara.

Back Bay

West of the Boston Common the trendy Back Bay neighborhood boasts superb shopping along Newbury Street, photo opportunities at historic Copley Square, and excellent walks down The Esplanade which fronts the Charles River.

Copley Square's **Small Planet Bar and Grill** (565 Boylston St., ☎ 617-53-4477) serves a mishmash of internationally influenced appetizers and vegetarian dishes. In warm weather choose between outdoor sidewalk tables and artful indoor booths. Small Planet is open until midnight on weekends.

Massachusetts Avenue marks the eastern boundary of the Back Bay neighborhood, and prices drop considerably along the strip. You'll find several veggie-friendly

eateries on this street. On the corner of Massachusetts and Newbury, the funky **Other Side Café** (407 Newbury St., ☎ 617-536-9477) with its ratty couches and booths resembles a good Seattle coffeehouse. The menu includes "The Pharmacy," a full page of juices and wheatgrass concoctions. The café has excellent salads; a recent special had baby greens, pears, apples, grapes and dried cranberries lightly flavored with a tomato vinaigrette.

Adventurous Berklee College of Music students crowd into **Arirang House** (162 Massachusetts Ave., ☎ 617-536-1277) for the cheap, awesome lunch buffet. Feast on bowls of miso soup or their seaweed plate.

Allston

Students and young families enjoy this secretive, residential neighborhood sandwiched between Boston University, Boston College and Harvard. Locals enjoy inexpensive and quality restaurants like the all-vegan **Grasshopper**, featured below, and **Rangoli** (129 Brighton Ave., ☎ 617-562-0200), which serves South Indian specialties like dosai and the broth-like sambhar.

GRASSHOPPER, 1 N. Beacon St., Allston, ☎ 617-254-8883. Price: $$. Chinese Buddhist, 100% meatless, vegan options. Hours: Open daily, 11am-10:30pm.

With all the aging '70s vegetarian restaurants out there, it's good to see a newcomer hitting the streets and gaining popularity. An intelligent and modern interior – with deep green walls, live bonsai plants, beaded candle lamps, and framed magazine cut-outs of herbs – spices up what could have been a miserable strip mall locale.

A strictly vegan establishment, Grasshopper features Chinese Buddhist cuisine. Those familiar with the food will be happy to note that this isn't just another Chinatown fake-meat affair. The Vietnamese chef brings a Southeast Asian flair to his dishes with a healthy mix of coconut curries and lemon grass soups on his menu. There are also New American influences here, with heavy usage of asparagus and portobellos.

Because of the expansive menu, the uninitiated should choose from the monthly specials. "The Happy Family" – creatively marinated wheat gluten (sausage) with tofu and asparagus, along with a mix of carrots, bok choy, onions, and a fair share of garlic in a chili basil sauce – was well-presented and came with an excellent sauce. Also on the specials list was steamed kale, topped with plenty of black pepper, "beef" and "chicken." Regulars head for the hot pots and sizzling platters which come to your table still cooking. A favorite among the hot pots is the braised spicy tofu and assorted seitan hot pot with pineapple and lemon grass. If you're on a budget, Grasshopper is a great deal for lunch. At $4.75, you get soup, an entrée (such as the spicy lemon-grass gluten), and a bowl of steamed rice.

My only complaint about Grasshopper was the frenzied service, but judging from the excellent food and the people pouring in late on a Monday, I'm willing to write it off as growing pains.

Jamaica Plain

A healthy urban jumble of Cubans, Dominicans, gays, hipsters and young homeowning families inhabit the once-maligned streets of Jamaica Plain. Thrift stores, dive bars and ethnic eateries line Centre Street, the neighborhood's main strip. In the midst of it all, you'll find **Barefoot Café** (697 Centre St., ☎ 617-983-2233), an unusually sophisticated Lebanese restaurant serving specialties such as red-bean fassoulya, diced potato yakne and a vegetarian version of kibbe made with pumpkin instead of ground beef. A block from Barefoot Café is Boston's highest-rated hangover cure – **Centre Street Café** (597 Centre St., Jamaica Plain, ☎ 617-524-9217) serves healthy tofu scrambles and whole wheat pancakes in addition to more traditional greasy-pan affairs.

Brookline

Although Brookline is a town of its own, it can hardly be called a suburb, sandwiched between the Boston neighborhoods of Allston and Jamaica Plain near the center of the city. It's no secret that Brookline is one of the most livable places in Boston. With a highly regarded public school system and a ban on smoking in restaurants and bars, urban professionals are moving here in droves. If you're flexible, look into staying at one of Brookline's B&Bs to enjoy a neighborhood that not many tourists see.

Transplanted from its ancient location in Jamaica Plain, **Five Seasons** (1634 Beacon St., ☎ 617-731-2500) has taken up shop on busy Beacon Street. The tattoo crowd still visits, but the surroundings have switched from country-style to urban chic. Contemporary vegan dishes fill the menu, including the marinated baked tofu and a wild mushroom salad. Also in the neighborhood is **Buddha's Delight, Too** (404 Harvard St., Brookline, ☎ 617-739-8830), an uptown version of the Buddhist restaurant in Chinatown (see page 22).

Cambridge

With both Harvard and MIT within its city limits, Cambridge might be the smartest city in America. It's also one of the nation's most liberal principalities, electing the first gay, black mayor in the US.

Along the main commercial strip of Massachusetts Avenue is a string of vegetarian-friendly eating establishments. For good eats and a bit of nightlife, the Central Square area just north of MIT is the spot for you. Every Bostonian can tell you about the popular **Middle East Restaurant & Club** (472 & 480 Massachusetts Ave., ☎ 617-864-EAST). Belly dancers and free live music on four stages come with a good selection of vegetarian food at this Lebanese restaurant. Right next door is **Indian Globe** (474 Massachusetts Ave., ☎ 617-868-1866). One local claims it's the best Indian food in town. A great hole-in-the-wall for a quick lunch is **Moody's Falafel Palace** (25 Central Square, ☎ 617-864-0827). For groceries in the neighborhood **Harvest Co-op** (581 Massachusetts Ave., ☎ 617-661-1580) has a wide

selection of natural foods and supplements. **Café At The Harvest** fronting the store is a good spot for salads and smoothies.

Davis Square is an up-and-coming Cambridge neighborhood north of Harvard with lots of choices for vegetarians. **Boca Grande** (1728 Massachusetts Ave., ☎ 617-354-7400) provides super-cheap Mexican eats for a college crowd. They also have a location in the Central Square area (149 First St., ☎ 617-354-5550). **Indian Club** (1755 Massachusetts Ave., ☎ 617-491-7750) is known for its fiery fare. The light-hearted should ask them to go easy on the chilies. **Cottonwood Café** (1755 Massachusetts Ave., ☎ 617-247-2225) serves creative Southwestern cuisine, and **Passage To India** (1900 Massachusetts Ave., ☎ 617-497-6113) has a separate vegetarian section with various curries.

CHRISTOPHER'S RESTAURANT & BAR, 1920 Massachusetts Ave., Cambridge, ☎ 617-876-9180. Price: $$. Eclectic, vegan options, organic produce. Hours: Monday through Wednesday, 4pm-1am; Thursday and Friday, 4pm-2am; Saturday, noon-2am; Sunday, 11am-1am.

Leave it to Bostonians to choose a dark, smoky bar as the location for one of their favorite vegetarian restaurants. I'm not knocking Christopher's. Their food and cozy ambience speak for themselves. It's just that this isn't the slow, relaxed place most vegetarians are used to seeing.

Christopher's eclectic menu is designed to please everyone. Stir fries, pastas, Tex-Mex, seafood and burgers fill the menu. Food options run the gamut from sirloin steaks to vegan dishes. Portions are huge for everything, so come with an empty stomach or a doggie bag. The sesame spinach chimichangas – spinach, cheddar, jack, and goat cheeses, sesame seeds and a tangy red sauce – are heavenly, albeit too rich for some tastes. Also popular is the tofu stir-fry – tofu and veggies served over rice with either an orange ginger or sesame tamari sauce. For something lighter, Chuck's veggie "Burgah" is a local favorite. The chef generally has a daily vegan special. Phone ahead to be sure.

Perhaps the best time to come to Christopher's is the winter, when the dark interior is lit and warmed by a jumbo fireplace. There's nowhere better in town to cozy up to vegetarian fajitas in the midst of a deep, Boston January.

Cape Ann

For a taste of the Cape without the crowds, visit the other Cape – Cape Ann, just north of Boston. Fishermen still work here; you'll see their lobster pots hanging everywhere. Gloucester, a good-sized town located on Cape Ann, is home to the nation's oldest artists' colony. Crafts and paintings can be purchased at small shops and boutiques downtown or at roadside stalls.

The local food cooperative, **Cape Ann Food Co-op** (26 Emerson Ave., ☎ 978-281-0592), carries locally grown fresh fruits and vegetables, freshly baked breads, and whole grains.

Cape Cod

The Cape of yesteryear with its old, weathered, gray-shingled clapboard houses and stony, quiet fishermen has long been replaced with refurbished versions of the weathered, gray-shingled, clapboard houses and a whole generation of grandparents. Cape Cod is a summer-only version of Florida. You'll find the same neon T-shirts, cotton candy stands and Corona bars. The only real difference is that come September, everyone seems to have disappeared, either to sit by the fireside or fly South for the winter.

Sandwich

On your way up-Cape, **Marshland Restaurant** (109 Route 6A, ☎ 508-888-9824) is a popular stop for Bostonians in the know. Part of the Citgo gas station, the restaurant has waitstaff who wear T-shirts that read, "Eat here and get gas!" A couple of vegetarian dishes grace the inexpensive menu, including an ordinary, but satisfying veggie stir-fry. Another potential stop along Route 6 is the **Beehive Tavern** (406 Route 6A, ☎ 508-833-1184). You'll find meatless soups, salads, sandwiches and pasta scattered about their menu.

Falmouth

Falmouth is a rather typical Cape town with plenty of historical houses and art galleries. Pick up organic produce, groceries and deli items at **Amber Waves Natural Foods** (445 Main St., ☎ 508-540-3538).

Woods Hole

The scientific community knows quite well about the village of Woods Hole, home of the Woods Hole Oceanographic Institution. The WHOI (pronounced HOO-ey) is a world-renowned marine science and education center that engineered *ALVIN*, the first deep sea exploration vehicle. See photographs of *ALVIN*'s trips to discover the *Titanic* at the WHOI Exhibit Center (School St., ☎ 508-289-2252). Despite the name, **Fishmonger's Café** (56 Water St., ☎ 508-540-5376) serves much more than seafood. Fishmonger's specializes in natural foods: baking bread, pastries and pies on the premises. You'll usually find an excellent vegetarian entrée on their daily special board, such as the autumn favorite Pumpkin Sage Ravioli. The on-the-water location makes this an excellent choice for a dinner for two.

Hyannis

The Kennedy clan has long made Hyannis and adjacent Hyannisport their summer homes, giving the town worldwide recognition. Drive by their oceanfront estate or visit the John F. Kennedy Hyannis Museum, which has many photographs of the family enjoying their vacation digs.

Although it's not very Cape Cod-esque, **Pavilion Indian Cuisine** (511 Main St., ☎ 508-790-0985) offers quite a few vegetable curries on their menu. You can also pick up organic groceries and vegetarian foods at **Cape Cod Natural Foods Company** (1600 Falmouth Rd., ☎ 508-771-8394) located nearby in Centerville.

Harwichport

The mid-Cape village of Harwichport has a location of the national chain, **Wild Oats Natural Foods** (509 Route 28, ☎ 800-717-0097).

Orleans

All the major up-Cape highways merge at the small town of Orleans, at times creating the world's biggest traffic jam. Best to stop and enjoy the town's excellent beaches, several of which line both the bay and seaside. A recommended restaurant in the town is the Italian **Lo Cicero's Restaurant** (Orleans Marketplace off Route 6A, ☎ 508-255-7100).

Provincetown

Once nothing but a small fishing village at the end of the Cape, Provincetown, called "P-town" by the jet-setters who come to party here, has become an international playground full of trendy night clubs. The current scene, as one writer puts it, is "a salty mix of tourists, artists, fishermen and gays." For the average tourist, there's plenty to do in P-town besides party. The local art scene is excellent. Call or visit the Provincetown Art Association (460 Commerical St., ☎ 508-487-1750) for a list of galleries and museums. Provincetown is also a good place for whale-watching; sign up for a boat tour.

An odd assortment of aged artwork, old amusement park fixtures and stained glass decorate **Napi's Restaurant** (7 Freeman St., ☎ 508-487-1145; 800-571-6274). An unruly, but tempting, selection of Thai, Greek and Brazilian specialties adorn the menu. The eatery is one of the few Provincetown restaurants to be open all year. Get away from the sun and surf for a relaxing lunch at **Café Crudite** (336 Commercial St., ☎ 508-487-6237). In addition to vegetarian soups and salads, you'll find some unusual dishes like the Indonesian tofu and vegetables and the Pacific Rim tempeh sauté. A good place to fill up the cooler for a trip to the beach is **Healthy Appetites Natural Foods** (44 Long Pond Rd., ☎ 508-747-8100).

Concord

The first American victory of the Revolutionary War was won at the historic North Bridge in Concord, a western suburb of Boston. A new version of the old bridge crosses the river. Concord was also important in the lives of poets Ralph Waldo Emerson and Henry David Thoreau, as well as novelist Louisa May Alcott. Emerson's home is near the center of town, while the legendary Walden Pond, where Thoreau went to live life deliberately, is three miles south of Concord's Monument Square.

Emerson, Thoreau and Alcott are buried on Author's Ridge in the Sleepy Hollow Cemetery.

Pick up organic fruits and vegetables as well as imported European and Asian specialties at **Concord Spice & Grain** (93 Thoreau, ☎ 978-369-1535).

Northampton

Restaurants in Northampton are all vegetarian-friendly. Even its hard-nosed hamburger joints offer garden burgers. Favorites, though, include **Bela** (68 Masonic St., ☎ 413-586-8011), a casual eatery with daily international entrées listed on a chalkboard. Everything is vegetarian, and there are always several vegan options. Extremely popular is **Paul and Elizabeth's** (150 Main St., ☎ 413-584-4832) located in the midst of hip downtown. The natural foods restaurant prepares its soups, pastas and breads from scratch. Macrobiotic and vegan options are well-marked on the eclectic menu.

Sylvester's (111 Pleasant St., ☎ 413-586-5343), a café located in the historic Victorian home of Dr. Sylvester Graham, is a funky hangout popular for its country-style breakfasts. The menu is not entirely meatless, but you'll find several vegetarian salads and sandwiches on the menu. Smith students phone **Pizzeria Paradiso** (12 Crafts Ave., ☎ 413-586-1468) for their pizza fix. Vegans can replace mozzarella with soy cheese.

Vegetarianism in the US: How It All Began

Northampton, in the Connecticut River Valley, has been a bastion of vegetarianism since Dr. Sylvester Graham brought the concept to the national consciousness in the 19th century. Born in 1794, Dr. Sylvester Graham, better known for the ubiquitous cinnamon-and-sugar cracker named after him, was America's first advocate for vegetarianism. His outspokenness for a diet containing less meat, more fruit and vegetables, bread made from whole wheat instead of white flour, and alcohol moderation is common sense today. But in 1830, his lecture halls had to be barricaded to keep out angry mobs of butchers and bakers. By the mid-1800s several of Northampton's hotels and restaurants were serving food based on the Graham diet, which Bostonians and the rest of the country wrote off as crackpot.

With a couple of arthouse theaters, seven independent bookstores, a plethora of inexpensive ethnic restaurants, a busy visual and performing arts scene, one of the nation's leading women's colleges (Smith College), and a liberal political climate, Northampton could easily be a metropolitan city rather than a small town with a population under 30,000. Alternative medicine is common practice in this town. Herbalists, Ayurvedic physicians, yoga instructors and astrologists outnumber MDs. Commerce also leans to the left – hemp and organic cotton clothing shops fill the 19th-century Main Street boutiques.

Of the many ethnic food restaurants in town, **La Cazuela** (7 Old South St., ☎ 413-586-0400) is noted for its spicy Mexican and Southwestern food and reasonable prices. Look out for the hot chilies! And although it's on the expensive side, locals point to **India House** (45 State St., ☎ 413-586-6344) as the best Indian in town.

Along Main Street leading into town are several farms that allow visitors to pick their own berries during the summer harvesting season. In June, look for ripe strawberries; in early September, raspberries.

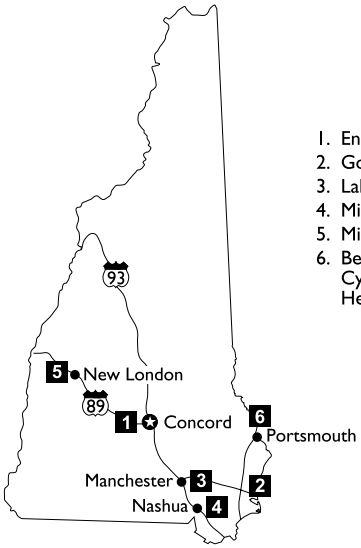
Salem

Off the beaten path in Salem, scene of the infamous witch burnings, is **The Grapevine** (26 Congress, ☎ 978-745-9335) that serves excellent New American food with plenty of options for vegetarians.

Worcester

Worcester's culinary scene revolves around its many diners which are known more for their greasiness than their veggies. You will find soups, salads and garden burgers at the **Gentle Lentil** (800 Main St., ☎ 508-753-8663) near downtown.

New Hampshire



1. Endicott Grill; Tea Garden Restaurant; Concord Food Co-op
2. Golden Garden; Hampton Natural Foods
3. Lakorn Thai; Yee Dynasty Restaurant
4. Michael Timothy's; Giant Of Siam
5. Millstone Restaurant; Flying Goose Brew Pub
6. Bella Luna; Chiangmai; Asia Chinese & Polynesian Restaurant; Cyber Café at Portsmouth; Nektar Juice Bar; Portsmouth Health Food; Portsmouth Farmers' Market

Not nearly so ecologically minded or health-conscious as its landlocked neighbor, Vermont, to the west, the majority of hot spots for foodies in New Hampshire sit on its small but gorgeous coastline.

Concord

In New Hampshire's capital, the place to eat is **Endicott Grill** (6 Pleasant St. Extension, ☎ 603-224-0582). With its low lighting and basement dining room, the Endicott is a rare slice of funk in the Granite State. Many entrées boast locally grown organic produce. Large portions of home-baked flatbreads accompany your meal. For ethnic food, try the **Tea Garden Restaurant** (184 N. Main St., ☎ 603-228-4420). A vegetarian section features such specialties as spicy green beans and yu-hsiang broccoli. For supplies, don't miss **Concord Food Co-op** (24½ S. Main St., ☎ 603-225-6840) which offers a good selection of organic produce, frozen foods, cold juices and macrobiotic products.

The Hamptons

During the summer, tourist traffic is backed up for miles, as ghost-white Bostonians hit Hampton Beach's white sand beaches. Most of the shopping malls, discount outlets and fast-food restaurants are enough to keep vegetarians away, but there are a couple of options for the desperate. **Golden Garden** (32 Lafayette Rd., ☎ 603-964-7887) is best described as "tacky Chinese." The place is conveniently located on Route US 1 in North Hampton across from McDonald's. A vegetarian section on the menu should keep you satisfied, although I can't vouch for the food. You might be better off gunning for groceries at **Hampton Natural Foods** (321 Lafayette Rd., ☎ 603-926-5950). They also feature a good-sized soup and salad bar.

Another good option for anyone traveling through the region in late summer or fall is a stop at any of the pick-your-own (PYO) berry farms along Route 1. Bostonians make the long drive just for the juicy strawberries and raspberries grown in the region.

Manchester

Manchester is best known as ground zero for presidential candidates attempting to make a strong showing here in the nation's first major primary. For a couple of weeks every four years, the city becomes flooded with baby-kissers and paparazzi before receding back to quiet normalcy.

Non-meat-eaters will find reasonable prices at **Lakorn Thai** (470 S. Main St., ☎ 603-626-4545). ***Yee* Dynasty Restaurant** (830 S. Willow St., Manchester, ☎ 603-625-5500) features basic Chinese food with several bean curd and vegetable dishes.

Nashua

A massive suburb as well as a budding commercial center, Nashua is an up-and-coming city. Chain restaurants dominate the culinary scene, but you'll find a few exceptions.

Michael Timothy's (212 Main St., ☎ 603-595-9334) is definitely a standout. The chef concentrates on bringing in local produce to fill out his menu of upscale New American cuisine. The atmosphere is warm and intimate and the prices low enough to bring in the suburban crowd. Another standout among the chains is **Giant Of Siam** (5 E. Hollis St., ☎ 603-595-2222). The eatery features Thai food in a simple, yet elegant environment.

New London

New London is a college town that is proud of its small town ambience, its many green areas, and its prime location on the Connecticut River. A couple of trendy eateries feature dishes for herbivores. **Millstone Restaurant** (Newport Rd., ☎ 603-526-4201) always has a vegetarian entrée. Their vegetarian paella – grilled portobello mushroom with basmati rice and lentil pilaf, surrounded with fresh steamed zucchini, summer squash, eggplant and asparagus – comes highly recommended. The **Flying Goose Brew Pub** (Routes 11 & 14, ☎ 603-526-6899) has vegetarian items scattered among their sandwiches, pastas, and mains. Try the FETSO – a feta cheese, grilled eggplant, tomato, sprouts and red onions sandwich served on an onion roll.

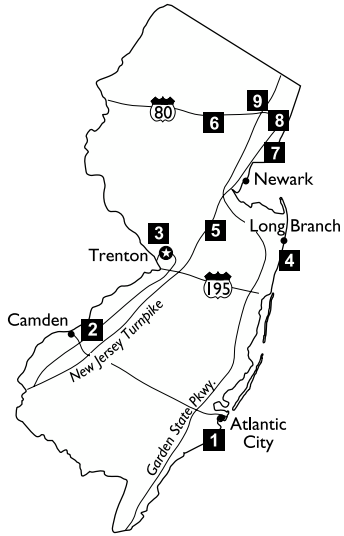
Portsmouth

For foodies, virtually unknown Portsmouth is truly a hidden treasure. The well-restored 350-year-old port town is home to a unique and happening restaurant scene. You'll be amazed at Ceres Street and its blocks of packed eateries.

Downtown, **Bella Luna** (10 Market St., ☎ 603-436-9800) serves light pasta dishes and salads in a bistro-like setting. For Thai food, **Chiangmai** (128 Penhallow St., ☎ 603-433-1289) offers daily lunch and dinner vegetarian selections. A bit off the beaten path, you'll find Chinese specialties at **Asia Chinese & Polynesian Restaurant** (2466 Lafayette Rd., ☎ 603-436-3343). Check your e-mail or sneak out for a midnight snack at the **Cyber Café At Portsmouth** (75 Pleasant, Portsmouth, ☎ 603-334-6638), one of the few places in the town for late-nighters. Fruit and vegetable sipables can be purchased at the **Nektar Juice Bar** (51 Hanover, Portsmouth, ☎ 603-433-3315).

Across the street from the public library, **Portsmouth Health Food** (151 Congress St., Portsmouth, ☎ 603-778-6850) is a good spot for picnic supplies and organic produce. Check the message board up front for local event listings. The **Portsmouth Farmers' Market** is a popular affair held on Saturdays from 8am to mid-afternoon. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

New Jersey



1. Earthly Delights
2. Alkhimah Restaurant; Garden Of Eden Natural Foods & Country Kitchen; Fresh Fields Whole Foods Market
3. Adventist Book & Food Center; Big Bear Natural Foods; Simply Natural; Simply Radishing; Nature's Pantry; Whole Foods Center; Wild Oats Community Market
4. Garden Restaurant; Eurasian Eatery; Jersey Juice; Second Nature Natural Foods; Harmony Natural Foods; Everything Natural; Good Nature Health Food Store; Jessie's Café; Diet Gourmet Restaurant; Dean's Natural Food Market; Veggie Works
5. Round Grill; Makeda Ethiopian Restaurant; Southwest Burrito; George Street Food Co-op; Mei Garden Cuisine; Jerusalem Restaurant & Kosher Pizza; Udupi Indian
6. Chand Palace; Health Shoppe; Café Metro
7. Hoboken Farmboy
8. Veggie Heaven; Chopstix; Aquarius; Park & Orchard Restaurant; Third Day Fresh Food Market; Jerusalem II Pizza & Falafel
9. Formosa Garden; Happy Carrot; Old Hook Farm; Organica Natural Foods; Wrapsody Grille; Olive Grove Café; Ivangie Tea House; Nature's Market Place

Negotiating New Jersey's thousands of suburbs is a nightmare for travelers (and travel writers). Quoting *The Hitchhiker's Guide to the Galaxy*, it's sort of a "general mishmash." It's hard to distinguish where one town ends and the next one begins, and with the exception of Atlantic City on the coast, there's not much to do for the wandering tourist. On the positive side, there are plenty of vegetarian restaurants and natural foods stores in the state.

Atlantic City Area

Earthly Delights in Northfield (900 Tilton Rd., ☎ 609-484-1550) is an upscale grocery with a wide range of natural and gourmet foods.

Cherry Hill & Environs

West of Camden, **Alkhimah Restaurant** in Cherry Hill (1426 E. Marlton Pike, ☎ 609-427-0888) serves your standard Middle Eastern fare. Get your lunchtime falafel, or come in the evening for more elaborate meals.

Garden Of Eden Natural Foods & Country Kitchen (1155 N. Route 73, Mt. Laurel, ☎ 609-778-1971), a little farther west of Cherry Hill, goes beyond the usual

natural food store deli. The Country Kitchen serves three all-vegetarian meals, including a very popular Sunday brunch. There is also a good supply of organic groceries and a juice bar.

Marlton residents are lucky to have a **Fresh Fields Whole Foods Market** (940 Route 73N, Marlton, ☎ 609-797-1115) in their neighborhood.

Trenton & Environs

In Trenton the Seventh Day Adventists run the **Adventist Book & Food Center** (2160 Brunswick Ave., ☎ 609-392-8010), an all-vegetarian café with vegan burgers and other specialties.

North of Trenton, Ewing has a couple of natural food stores worthy of mention. **Big Bear Natural Foods** (1870 Olden Ave., ☎ 609-771-4002) has the usual stock of organic produce, as well as a popular juice bar. **Simply Natural** (1505 Parkway Ave., ☎ 609-406-0818) has a good selection of herbal teas and vegetarian frozen foods.

And in Lawrenceville, shoppers will be happy to find **Simply Radishing** (Lawrenceville Shopping Center, ☎ 609-882-3760), specializing in light fare such as soups, salads and quiches. **Nature's Pantry** (Mercer Mall, ☎ 609-514-4270) has a good supply of natural food items and also serves up a mean vegetarian sandwich.

Students at Princeton University pick up organic produce at **Whole Foods Center** (360 Nassau St., ☎ 609-924-7429) or the more upscale (and expensive) **Wild Oats Community Market** (255 Nassau St., ☎ 609-924-4993).

Long Branch Area

Surrounding Long Branch, both to the north and south, you'll have your pick of healthy restaurants, cafés and markets.

Northwest of Long Branch is the town of Red Bank. The **Garden Restaurant** (7 E. Front, ☎ 732-530-8681) is a vegetarian's dream. Lunches and dinners are all-vegetarian, and the chef will accommodate any dietary restriction. **Eurasian Eatery** (110 Monmouth St., ☎ 732-741-7071) mixes Asian ingredients with traditional European cooking. There are plenty of veggie-friendly entrées in the repertoire. Red Bank's favorite juice bar is **Jersey Juice** (186 Monmouth, ☎ 732-842-8899). **Second Nature Natural Foods** (65 Broad St., ☎ 732-747-6448) has a large selection of organic produce.

Finding yourself hungry in Middletown? Head to **Harmony Natural Foods** (1521 State Hwy. 35, ☎ 732-671-7939).

For organic produce and natural food items, try **Everything Natural** in Aberdeen Township (1077 State Hwy. 34, ☎ 732-441-3300).

Or another place to stock up on healthy food items is in nearby Matawan at **Good Nature Health Food Store** (952 State Hwy. 34, ☎ 732-583-3800).

South of Long Beach, try **Jessie's Café** in West End (139 Brighton Ave., ☎ 732-229-6999), **Diet Gourmet Restaurant** in Elberon (167 Lincoln Ave., ☎ 732-229-7988), **Dean's Natural Food Market** in Ocean Township (1119 State Hwy. 35,

☎ 732-517-1515), or **Veggie Works** in Belmar (817 Belmar Plaza, ☎ 732-280-1141), which boasts an international, all-vegetarian menu with vegan specials.

New Brunswick & Environs

While in New Brunswick, try the **Round Grill** (Albany & Penn Plaza, ☎ 732-828-3337), **Makeda Ethiopian Restaurant** (338 George, ☎ 732-545-5115), or **Southwest Burrito** (38 Eastin Ave., ☎ 732-846-1600) for tasty, healthy foods. **George Street Food Co-op** (89 Morris, ☎ 732-247-8280) is the local cooperative with a full deli, a bakery and a good variety of locally grown organic produce.

A tad north of New Brunswick is Highland Park, whose Jewish community frequents two kosher, vegetarian-friendly restaurants. For Chinese, head to **Mei Garden Cuisine** (229 Raritan Ave., Highland Park, ☎ 732-418-1881). Right next door is **Jerusalem Restaurant & Kosher Pizza** (231 Raritan Ave., Highland Park, ☎ 732-249-0070), which serves both pizza and Middle Eastern specialties.

And farther up the New Jersey Turnpike in Iselin, you'll find **Udupi Indian** (1380 Oak Tree Rd., Iselin, ☎ 732-283-0303), which serves dosai from Buddhist-influenced Southern India.

Parsippany & Environs

Chand Palace (239 Littleton Rd., ☎ 973-334-5444), in Parsippany, is an Indian restaurant with a lot of vegan options. There is also a branch of the **Health Shoppe** here (Troy Shopping Center, 1123 Route 46 E., ☎ 973-263-8348).

Along I-287 just south of Parsippany is Morristown and a second location of the **Health Shoppe** (Midtown Shopping Center, 66 Morris Ave., ☎ 973-538-9131). It has an excellent deli and bakery, as well as a large selection of organic produce and natural food items.

Denville, located north of Parsippany, has **Café Metro** (60 Diamond Spring Rd., Denville, ☎ 973-625-1055), a casual restaurant that serves gourmet pastas and vegetarian foods.

West of Parsippany is the town of Chester, where you'll find yet another location of the **Health Shoppe** (Chester Spring Shopping Center, ☎ 908-879-7555). They sell natural food items and also offer a meatless deli and bakery.

Hoboken

Hoboken Farmboy (229 Washington Ave., ☎ 201-656-0581) is a large natural foods store. The deli has veggie burgers, soups and specialty tofu items.

Teaneck & Environs

Teaneck's vegetarian scene starts at **Veggie Heaven** (473 Cedar Lane, ☎ 201-836-0887), an all-vegetarian Chinese restaurant steeped in Buddhist tradition. You'll also find **Chopstix** (172 W. Englewood Ave., ☎ 201-833-0200) in town, a kosher Chinese restaurant with a good selection of tofu dishes. **Aquarius** (408 Cedar Lane, ☎ 201-836-0601) is your neighborhood natural food store, complete with a popular juice bar.

South of Teaneck is East Rutherford and **Park & Orchard Restaurant** (240 Hackensack St., ☎ 201-939-9292), which is by far New Jersey's most respected restaurant. Combining an upscale atmosphere with New Jersey sensibility, Park & Orchard is extremely popular. Call ahead for reservations. Although light meat dishes dominate the menu, vegetarians will be pleased with any of the gourmet stir-fries. **Third Day Fresh Food Market**, also in East Rutherford (220 Park Ave., ☎ 201-935-4045), specializes in gourmet macrobiotic and natural foods. The market's deli is great for sandwiches and salads.

In North Arlington, the **Surrey International Natural Foods** (33 Ridge Rd., ☎ 201-991-1905) has a deli counter, a salad and juice bar, and baked goods.

And a bit farther east you'll find **Jerusalem II Pizza & Falafel** (224 Brook Ave., ☎ 973-778-0960) in Passaic, serving kosher pizza and falafel along with a variety of homemade soups and salads.

Paramus Area

In the towns surrounding Paramus, you'll find lots of choices for healthy eating. Head south to **Formosa Garden** (21B E. Madison Ave., Dumont, ☎ 201-385-3355) for hard-to-find, Taiwanese specialties. They have a large selection of vegetarian items on their menu. And in River Edge, the **Happy Carrot** (636 Kinderkamack Rd., River Edge, ☎ 201-986-0818) is a cheery place with a juice bar and organic produce.

North of Paramus, the **Old Hook Farm** in Emerson (650 Old Hook Rd., ☎ 201-265-4835) is proud of their homegrown organic produce. Stock up on natural foods at **Organica Natural Foods** in Northvale (246 Livingston St., ☎ 201-767-8182). In Hillsdale, you can't go wrong at **Wrapsody Grille** (140 Broadway, ☎ 201-263-1190). Or for a touch of Mediterranean food and atmosphere, Westwood boasts the **Olive Grove Café** (301 Center Ave., ☎ 201-722-0800). In Ridgewood, the **Ivangie Tea House** (54 Chestnut, ☎ 201-251-8686) serves light Chinese in a relaxed setting. The town's natural food store, **Nature's Market Place** (1 W. Ridgewood Ave., ☎ 201-445-9210), has a café with a good selection of prepared foods and juices.

New York

1. Shades Of Green; Mamoun's Falafel; Mother Earth Café; El Loco Mexican Café; BFS Catering Restaurant; Honest Weight Food Co-op
2. Whole In The Wall
3. Preservation Hall Vegetarian Café & Bakery; Amy's Place; Lexington Real Foods Community Co-op; North Buffalo Food Co-op
4. NEW PALTZ: Wildflower Café
   SAUGERTIES: Oasis Café
   WOODSTOCK: Blackstone County Foods; Woodstock Vital Foods
5. Autumn Café
6. Medley's Café
7. Moosewood Restaurant & Co-op; Harvest Deli; ABC Café; Ithaca Farmers' Market
8. NORTH SHORE: Garden Of Plenty; Earth's Harvest; Rising Tide; Hunan Cottage; Sweet Potatoes Organic Market; Green Earth Natural Foods
   SOUTH SHORE: Natural Gourmet; Little Fu's; Taj Mahal Restaurant; Akbar Restaurant; Santosha Vegetarian Restaurant; Cornucopia Natural Foods; Provisions Of Sag Harbor; Naturally Good Foods & Café
9. LOWER EAST SIDE: Nha Trang; Nice Restaurant; Joe's Shanghai; Thailand Restaurant; Vegetarian Paradise 3; Vegetarian Dim Sum House
   TRIBECA: Tiffin; SOHO: Souen Restaurant SoHo; Spring Street Natural; Helianthus; Quantum Leap; Apple Restaurant
   EAST VILLAGE: Angelica Kitchen; Caravan Of Dreams; Kate's Joint; Life Café; Café Viva Natural Pizza & Pasta; Black-Eyed Suzie's; Michael & Zoe's; Planet One; Ha-Hava; VP2; Whole Earth Bakery & Kitchen
   GREENWICH VILLAGE: Thali
   FLATIRON DISTRICT: Zen Palate; Bachué
   LITTLE KOREA: Hangawi
   LITTLE INDIA: Curry In A Hurry; Vatan Indian; Madras Mahal; Annapurna Indian Restaurant; Mavalli Palace
   CHELSEA & GARMENT DISTRICT: Sacred Chow's
   MIDTOWN: Zen Palate; Zenith
   UPPER EAST SIDE: Candle Café; Plum Tree
   UPPER WEST SIDE: Zen Palate
10. DOWNTOWN: Moustache Middle Eastern Pizza
    BROOKLYN HEIGHTS: Perelandia
    PARK SLOPE: Red Hot Szechuan; Tofu On 7th; Organica; 2nd Street Café; New Prospect Café; Back To The Land
    PROSPECT PARK: Back To Eden Vegetarian Castle; Liveth's Delight Vegetarian Restaurant; Flatbush Food Co-op
    SOUTH BROOKLYN: Café Love; CONEY ISLAND: Weiss's Restaurant
    GREENPOINT: The Garden
11. JAMAICA: Annam Brahma; Smile Of The Beyond
    FLUSHING: Poti; India Corner; Oneness-Fountain-Heart; Quantum Leap Natural Grocery; Queens Health Emporium
12. Gourmet...The Natural Way; Manna Foods
13. Mrs. Green's Natural Market
14. Slice Of Life Café; India House Café; Aladdin's Natural Eatery; Mamasan's Restaurant; King & I; Chen's Garden Oriental Restaurant; Genesee Co-op Food Store; Shifa Natural Health Food Store
15. Four Seasons Natural Foods Store & Café
16. Lemon Grass Thai Restaurant; King David's Restaurant; Aladdin's Natural Eatery

When someone says "New York," the first thing that comes to mind is the city. The nation's largest city encompasses a mere 309 square miles but packs in over seven million people – more than a third of the population of the state. It is *the* major American center of the arts, fashion, and food in the country.

The innovative chefs of New York City transcend the nation's culinary boundaries. You'll taste many foods here that you've never tried before. Veganism has become a major consideration in New York's restaurant scene in recent years. Upscale, downscale and ethnic restaurants have experimented with different combinations of animal-free cuisine. New York's East Village is at the forefront of this food revolution.

Upstate New York comprises the entire state north and west of the city. It's a maze of mountain ranges, river valleys and lakes. Urban dwellers head out in droves to enjoy the great outdoors, as well as to enjoy less cosmopolitan (and less expensive!) cuisine.

Albany & The Hudson River Valley

The scenic Hudson River Valley, a 150-mile-long stretch of towering cliffs, densely forested hills and a saltwater river, begins just outside the Bronx. Most people, including a good number of New Yorkers, are surprised to find scenery this beautiful so close to New York City. Although the landscape is seductive enough to draw visitors, the area contains a good many other attractions, including Revolutionary War battlegrounds and some gourmet restaurants.

The Hudson River Valley Web site (www.hudsonriver.com) provides extensive information for would-be tourists, including a detailed history of the area, as well as listings for museums, the arts, antique stores, sporting events and other attractions.

Midway up the river valley are the Hudson Highlands, an extension of the Appalachian Mountains. The hills just outside the valley contain rich soils highly prized as farmland. Fresh produce seekers will find many farmers' markets in the area.

The end of the Hudson River Valley and the oldest city in New York – Albany – is an elegant, if sometimes forgotten, capital city. The capitol itself is unusual, lacking the traditional dome of most state buildings and opting instead for a roomier, more communal interior with a gorgeous lawn out front.

Near the capitol, you'll find **Shades Of Green** (187 Lark, ☎ 518-434-1830), a small café offering soups, salads, veggie burgers and a fresh juice bar. Also in the neighborhood is the laid-back **Mamoun's Falafel** (206 Washington Ave., ☎ 518-434-3901). Their Greek and Middle Eastern specialties make an excellent picnic. Adjacent to Washington Park, **Mother Earth Café** (217 Western Ave., ☎ 518-434-0944) is popular for their weekend brunches. Tofu scrambles and vegan pancakes are family favorites. On the other side of the park, **El Loco Mexican Café** (465 Madison Ave., ☎ 518-436-1855) was voted best Mexican in Albany. You'll find low-fat California-style burritos, quesadillas and soups. In the western suburbs, **BFS Catering Restaurant** (1736 Western Ave., ☎ 518-452-6342) serves Mediterranean food and offers catering for weddings and parties.

Centrally located in the Capitol District, the **Honest Weight Food Co-op** (484 Central Ave., ☎ 518-482-2667) sells organic and local produce, bulk items, and environmentally friendly cleaning products.

Binghamton

A tough city that never quite recovered from the industrial depression, Binghamton is home to one of the larger State University of New York campuses. Students looking for healthy meals head to **Whole In The Wall** (43 S. Washington St., ☎ 607-722-5223). The restaurant has its own bakery and makes many of its entrées from scratch. Tofu and tempeh dishes are on the menu.

Buffalo

You have to be crazy to live in a city this cold. Judging from the bare-chested sports fanatics watching the Buffalo Bills play football in sub-zero temperatures, Buffalo's residents are just that. With its budding Irish and Polish populations and its own sense of civic pride, Buffalo is a replica of New York City in its younger days.

Preservation Hall Vegetarian Café & Bakery (752 Elmwood Ave., ☎ 716-884-4242) is a Buffalo institution. For 16 years, Preservation Hall has been serving vegetarian and vegan dishes. Tempeh fajitas, the super chili-burrito, and the kitchen sink salad are among the favorites. The restaurant also features theme nights, such as New Orleans night, offering full-course meals at reasonable prices. Call ahead for times. Be sure to pick up one of their homemade fruit pies on your way out.

Another option for vegetarians in Buffalo is **Amy's Place** (3234 Main St., ☎ 716-832-6666). Inexpensive lunch items such as sandwiches and falafel dominate their menu.

Two food cooperatives specialize in locally grown, organic produce: **Lexington Real Foods Community Co-op** (20 Lexington Ave., ☎ 716-884-8828); and **North Buffalo Food Co-op** (3144 Main St., ☎ 716-836-8058).

The Catskill Mountains

Dense, dark and rolling, the smoke-blue Catskills are tame compared to neighboring mountain ranges to the north and south. They are just wild enough, though, to keep out the city folks. The towns and people here are friendly and old-fashioned, a nice switch from cold and ultra-modern New York.

New Paltz

The oldest street in America still having its original buildings, Huguenot Street is the main drag in New Paltz. Antique stores and tourist shops line the old cobblestone streets. The **Wildflower Café** (18 Church St., ☎ 914-255-0020) serves vegetarian versions of down-home favorites like the ubiquitous shepherd's pie.

Be sure to stop at some of the family-run fruit and vegetable farms along the backroads in the area.

Saugerties

Saugerties is a friendly, small town filled with turn-of-the-century brick buildings and antique shops fronting the Hudson River. **Oasis Café** (99 Partition St., ☎ 914-246-8201) serves Mediterranean salads and entrées to visitors.

Woodstock

The famed art colony of Woodstock is still inhabited by artists, craftspeople and wannabes, but it's certainly lost most of its youthful '60s magic. Although the town became an artist's colony back in 1902, it wasn't until such personages as Joan Baez and Bob Dylan arrived here that things heated up. A series of concerts called the Woodstock Showoffs was the pre-cursor to the legendary Woodstock Festival, which was actually held 60 miles away in Bethel. Nowadays, a mix of tourists buying tie-dyes with corporate logos and dirty teenagers bumming change crowd the streets, the spirit of revolution long since forgotten.

Pick up natural groceries and deli items at either **Blackstone County Foods** (54-C Tinker St., ☎ 914-679-5656) or **Woodstock Vital Foods** (51 Mill Hill Rd., Route 212, ☎ 914-679-4440). Cruelty-free food items and gifts are sold at a number of shops in town.

Cooperstown & Oneonta

Cooperstown is synonymous with the birth of baseball and its classy hall of fame. Fans and non-fans alike will appreciate the well-presented and history-oriented museum for major league baseball. Fanatics will also appreciate the nearby town of Oneonta, where the New York Yankees single-A farm club plays on the "field of dreams."

Also in Cooperstown is the Farmers' Museum. The museum proper displays over 20,000 farm implements spanning hundreds of years of agricultural development. On the grounds, a working 19th-century village gives visitors a chance to see farmers and craftspeople demonstrating Early American farm and craft-making techniques.

In town, non-meat-eaters will appreciate the **Autumn Café** (244 Main St., Oneonta, ☎ 607-432-6845), a whole foods restaurant with a focus on organics.

Corning

Corning has made a name for itself by hosting (and heavily marketing) the Corning Museum of Glass. Although it might be over-commercialized, the more than 29,000 glass objects dating back as many as 3,000 years do make quite a collection. A new sculpture gallery showing modern glass artists has recently been added to make the museum more contemporary.

The funky **Medley's Café** (88 W. Market St., ☎ 607-936-1685) in downtown Corning is the only vegetarian game in town. International fare is served in a mellow, coffee shop atmosphere.

Ithaca

Ithaca's residents like to tell a story. In 1996, an article in the *Utne Reader* bestowed upon Ithaca the title "America's Most Enlightened City." With New York City a mere four hours away, Ithacans thought the article was a hoot. They might have adopted some alternative practices, but this wasn't a metropolis of budding Isaac Newtons. And so, with a tone of self-deprecation, locals tell the story. But when you hear about the burgeoning Moosewood Co-op, the largely organic farmers' market, and the success of a local currency, you have to wonder: Did someone get hit on the head with an organic apple around here?

Any visitor's first stop should be the **Moosewood Restaurant & Co-op**, featured below, famous for its wonderful vegetarian cookbooks. Also on the list of Ithaca favorites is the all-vegan **Harvest Deli** (The Commons at Center Ithaca, ☎ 607-272-1961) with a wide range of sandwiches, salads and juices. **ABC Café** (also reviewed below) caters to a younger crowd. Ithaca is also graced with two natural food stores and a well-attended farmers' market.

To Market, to Market...

Ithaca's Farmers' Market is probably most unique for its use of the "Ithaca Hour," a homegrown currency that allows Ithaca's tradespeople to swap services without depending on the almighty dollar. One "hour" is equivalent to about $10. It's a neat way to ensure that wealth stays within the community and doesn't go straight to the CEO of Wal-Mart.

Small-scale and organic farmers flourish at the farmers' market with over 20 farms represented. A "who's who" in local organic farming can be obtained at the market's information desk. Vegetarians looking for protein should seek out Susie. She's a friendly local who packages and sells fresh tofu and seitan.

Upstate New York's short growing season provides for some unique varietals. In early summer, you'll find green garlic, the grassy aboveground growth chopped off the garlic bulb to stimulate bulb size. Green garlic is edible and significantly milder than the garlic clove, adding flavor to dishes without overpowering them. Organic strawberries are smaller than the plumped-up conventional ones, but they are more juicy and vibrant. Eat 'em quick; organic fruits don't keep as long as the commercial kind. (For more markets in the New York area, see *Farmers' Markets* at the end of this guide.)

Ithaca Farmers' Market (2 locations): 3rd Street at Route 13, held Saturdays, 9am-2pm, April through Christmas, and Sundays, 10am-2pm, mid-June to late October; and at Dewitt Park on Buffalo and Cayuga streets, held Tuesdays, 9am-1pm, mid-May to late October. ☎ 607-273-7109.

MOOSEWOOD RESTAURANT, DeWitt Mall; 215 N. Cayuga St., Ithaca, ☎ 607-273-9610/5327. Price: $$-$$$. American, vegan options, organic produce. Hours: Summer dinner hours are Sunday through Thursday, 5:30pm-9pm; Friday and Saturday, 6pm-9:30pm. Winter dinner hours are Sunday through Thursday, 5:30pm-8:30pm; Friday and Saturday, 5:30pm-9pm. Lunch is served Monday through Saturday, 11:30am-2pm. The bar, café and gift shop are open Sunday through Thursday, 11am-11pm; and Friday and Saturday, 11am-midnight.

For years, *Moosewood Cookbook* has been *the* basic handbook for vegetarian cooking. The Moosewood Cooperative who publishes the book has been in Ithaca for years, quietly testing its famous recipes – the daily specials change nightly, and waitstaff and co-op members ask patrons about their likes and dislikes.

We started our meal with herbed potato-cheese pastry puffs; they were a little dry and not a fair indicator of the goodness to follow. The torta florentina – a filo strudel with baby portobello mushrooms, spinach, and a rich ricotta and Parmesan filling served with a lively lemon, beet and carrot salad – was right on the mark. The mu shu vegetables were a flavorful vegan version of the original. Carrots, peppers, cabbage, onions, celery, shiitake mushrooms and tofu are stir-fried with tamari and ginger, then served in two wheat wrappers with a hoisin sauce.

Do save room for dessert. The Savannah banana pudding is a Moosewood tradition: pudding with chunks of bananas and pound cake served in a parfait glass. The name changes (sometimes it's called Havana) but the pudding is always the same. One entrée and a couple of desserts are always vegan, but keep in mind that this isn't a strict vegetarian restaurant; they do serve fish here. Plus, Moosewood has a wonderful selection of local Finger Lakes wines, mostly tart whites that go well with the restaurant's light fare. The McGregor Gewurztraminer – with hints of apple and a floral bouquet – went well with the mu shu vegetables.

There's a small café and gift shop here as well. Pick up a cookbook and some souvenirs.

ABC CAFE, 308 Stewart Ave., Ithaca, ☎ 607-277-4770. Price: $. Café, 100% meatless, vegan options, organic produce. Hours: Tuesday through Thursday, 11am-midnight; Friday, 11am-1am; Saturday, 9:30am-1am; Sunday, 9:30am-11pm.

The power goes out every once in a while, and the waiters might never hand you your bill, but that's all part of the ambience at the ultra-casual ABC Café. High-strung Manhattanites may need to take a Valium, but if you want to relax for awhile, the ABC is mellow Ithaca at its finest. Peeling paint and been-in-the-family tables and chairs define the ABC's country atmosphere.

Saturday and Sunday brunch start with a glance at the chalkboard for the day's selection of omelettes and pancakes. The special on my visit was Calabacitas – zucchini squash, black beans, potatoes, corn, onions and plenty of garlic stuffed in a three egg omelette and served with freshly cut baby potatoes on the side. Off the pancake board were the pear almond pancakes – a huge, single pancake made with slices of pear and almond mixed into a nutmeg-spiced buckwheat batter. They were uniquely suited for a good dose of pure maple syrup. The lunch and dinner menu features various stir-fries. Try the broccoli-cashew stir fry with tempeh – tempeh lightly browned in sesame oil and garlic, then stir-fried along with broccoli and

roasted cashews. Also popular are the homemade ABC burgers – a mix of tofu, vegetables, sesame and sunflower seeds served in a pita.

Night owls will appreciate ABC's late hours. Jazz musicians and the like take the stage during late evenings and Sunday brunch.

Ithaca Natural Foods Markets

Oasis Natural Foods 215 N. Cayuga at Buffalo ☎ 607-273-8213	GreenStar Cooperative Market Corner of Seneca & Fulton ☎ 607-273-9392

Long Island

Encompassing Brooklyn, Queens and about 800-square-miles of suburbs, Long Island defies the traditional idea that an island should be isolated and sparsely populated. About half of New York City's entire population is located on the island, not to mention about 40 miles of suburban sprawl. Once you've driven past the commuter traffic and shopping malls, though, Long Island becomes more island-like. Its south shore arguably possesses the nation's most scenic white sand beaches, while the north shore accommodates a variety of estates, natural harbors and wildlife preserves.

Once you make your way out to Long Island's north and south forks, you'll find a number of roadside produce stands.

North Shore

In Great Neck, a number of 19th-century estates grace this "great neck" of land extending out into the Long Island Sound. F. Scott Fitzgerald wrote *The Great Gatsby* here, and much of the setting for the book was inspired by Long Island's surroundings. Asian food in the city can be found at **Garden Of Plenty** (4 Wellwyn Rd., ☎ 516-482-8868), which offers an unusual selection of Chinese vegetables in their entrées, such as enoki mushrooms. Visitors and locals alike head to **Earth's Harvest** (5 Great Neck Rd., ☎ 516-829-8605) for natural food groceries and deli items.

The off-the-beaten-path village of Sea Cliff lies high on the bluffs overlooking a boat-filled harbor. Visitors should pick up a vegan salad in nearby Glen Cove at **Rising Tide** (42 Forest Ave., ☎ 516-676-7895). A natural food market, Rising Tide offers a good selection of organic produce, a take-out all-vegetarian deli, a bakery and a juice bar.

In the midst of Long Island's commuter towns, **Hunan Cottage** in Plainview (135 Central Park Rd., ☎ 516-349-0390) serves Chinese food in a casual setting.

Before it became a sanitized, suburban community, Huntington was the birthplace and home of Walt Whitman. His home is now a historical site and worth a visit for fans of the revolutionary poet. For fresh produce shipped in from the eastern end of the island, head to **Sweet Potatoes Organic Market** (35 Gerard St., ☎ 516-423-6424).

Between the north and south forks of Long Island, Riverhead is a weather-beaten village lined with seafood shacks and small crafts shops. **Green Earth Natural**

Foods (50 E. Main, ☎ 516-369-2233) is a good stop for natural food groceries before heading to vacation spots north and south.

South Shore

The suburbs of Cedarhurst and Hewlett lie just outside of Queens near JFK Airport. Here you'll find the **Natural Gourmet** (546 Central Ave., ☎ 516-569-7609), a kosher restaurant offering many standard vegetarian dishes including soups, salads and garden burgers. In Hewlett, **Little Fu's** (1739 Peninsula Blvd., ☎ 516-569-6888) has a separate vegan menu with tofu, gluten and vegetable entrées.

The friendly and highly regarded **Taj Mahal Restaurant** in West Hempstead (221 Hempstead Turnpike, ☎ 516-565-4607) serves Indian curries and the like in a simple, unassuming environment.

Garden City is one of the nation's first planned communities. Its posh, broad avenues link elegant homes and a plethora of parks. **Akbar Restaurant** (1 Ring Rd. W., ☎ 516-248-5700) combines quality Indian food and a peaceful setting. Come for the inexpensive lunch buffet.

For upscale vegetarian dining on Long Island, try **Santosha Vegetarian Restaurant** in Amityville (40 Merrick Rd., ☎ 516-598-1787). The changing dinner menu lists low-fat, vegan and macrobiotic options featuring a variety of international specials.

Sayville is the departure point for ferry boats to Fire Island, a long strip of white sand beach that's a popular weekend destination for New Yorkers. Pick up groceries for your trip at **Cornucopia Natural Foods** (39 N. Main St., ☎ 516-589-9579).

An old whaling town with weather-beaten shops and restaurants, Sag Harbor lies to the north of the much-visited Hamptons. **Provisions Of Sag Harbor** (Bay and Division streets, ☎ 516-725-3636) provides organic groceries and has a full-service deli serving three hot meals a day.

Windswept and wild, Montauk is the end of the trail for Long Island vacationgoers. Vegetarians visiting Long Island's most remote location should visit **Naturally Good Foods & Café** (S. Etna Ave. and S. Essex St., ☎ 516-668-9030). Pick up picnic items and more at the grocery or deli.

New York City

Why do people love New York? The streets are dirty, the people are crass, the rents are exorbitant, the crime rate is high, the winters are miserable and the summers are damn hot. Yet New York is by far America's most vibrant and exciting city – an organic, ever-changing monster with a mind of its own.

New York is on the forefront of new thinking about food. New Yorkers take seriously the adage "You are what you eat." Veganism thrives here as intellectuals consider the environmental, economic and health implications of a meat-based diet. Vegetarian-friendly restaurants can be found in every borough and neighborhood.

On the Side

Various Web sites detail New York's thriving restaurant scene. Check out these top sites: www.citysearchnyc; www.newyork.sidewalk.com; www.panix.com/clay/nyc; and www.nynow.com.

Chinatown, Little Italy & The Lower East Side

The area north and east of the Financial District may be one of the most ethnically diverse in the world. Waves and waves of different immigrant groups have graced the low-slung brick buildings that contain small apartments and ground-floor businesses. Chinatown is booming, and the Asian presence is beginning to take over the traditionally Italian and Latino populations.

With over 300 restaurants serving various Asian cuisines – Hunan, Szechuan, Shanghai, Cantonese, Vietnamese and Thai are all represented – it's hard to pick favorites. All of them serve vegetable dishes; check the menu to see if they meet special dietary requirements. Try any of the following or just walk down Mott Street and find the restaurant that's the most crowded. **Nha Trang** (87 Baxter, ☎ 212-233-5948) serves Vietnamese food with an emphasis on vegetarian dishes. More elegant than most Chinatown dives, **Nice Restaurant** (35 E. Broadway, ☎ 212-406-9510) serves Chinese, Hong-Kong style. The line outside **Joe's Shanghai** (9 Pell St., ☎ 212-233-8888) is a good sign. Sample **Thailand Restaurant's** (106 Bayard St., ☎ 212-349-3132) rich peanut sauces and coconut curries.

A few strictly vegan Chinese Buddhist restaurants also grace the area. Sparse but clean, **Vegetarian Paradise 3** (33 Mott St., ☎ 212-406-6988) is inhabited by young hipsters enjoying dishes such as sea cucumber with black mushrooms and taro nests filled with mushrooms and cashews. Down a spooky but harmless Chinatown alleyway, you'll find the **Vegetarian Dim Sum House** (24 Pell St., ☎ 212-577-7176). Inexpensive all-vegan dumplings, faux shrimp balls, steamed buns, and Chinese pastries are made to order.

Tribeca

TIFFIN, 18 Murray St., New York, ☎ 212-791-3510. Price: $$-$$$. Indian vegetarian, 100% meatless, vegan options. Hours: Monday through Saturday, noon-3pm and 6pm-10pm.

As with many things in New York, you often have to be slightly aggressive to get what you want – restaurant reservations notwithstanding. Fortunately, you can have a quaint, intimate dining experience at Tiffin and not have to share it with a few hundred others. Tucked away in Tribeca, Tiffin is a little Indian palace that serves a large variety of delicious, authentic vegetarian Indian specialties. The decorative metal cups and bowls on the rustic wooden tables along with the streaming light drapery from its high ceilings evoke the majestic setting of a royal dining room, yet the smaller size of the restaurant and the friendly table service contribute to a cozy, more intimate dining experience.

For an appetizer, the golden-crisp Mumbai dosai with an assortment of traditional sauces make an excellent choice. Or sample the succulent the Banarsi samosas filled with potato, feta cheese and pomegranate seed. For the main dish, you'll find that the jaipuri khazana is a delightful blend of vegetables and fruits in a light, fragrant curry.

Although Tiffin offers refreshing beverages such as masala chai and lassies, it is also a BYOB establishment, so you're invited to bring your favorite alcoholic beverage. If you're remotely curious as to how the chefs prepare these amazing dishes, you're in luck because Tiffin also offers a 2½-hour cooking class every Saturday afternoon for $75, or $200 for a series of four classes.

Daily *prix fixe* lunches revolve around an Indian region. Monday represents Rajasthani; Tuesday, South India; Wednesday, Mumbai; Thursday, Gujarati; Friday, North India; and Saturday, Goan. The current lunch price is $9. *Prix fixe* dinners includes an appetizer, main dish and dessert, and costs $20. If you're riding public transportation, take the 1/2/3/9 or A/C subway to the Chambers Street Station. – *Reviewed by Simon Dang*

SoHo & NoHo

SoHo, short for South of Houston, was nothing but a uninhabited commercial warehouse district until the '70s when a group of artists took advantage of the cheap rents and huge spaces. The cast-iron buildings were quickly – and illegally – converted into living spaces. Recently SoHo has grown up from its Bohemian roots into one of the most well-known high-art and fashion centers of the world.

Restaurants in the SoHo neighborhood range from overpriced to way overpriced. Bring your credit cards if you head into any of these. The **Souen Restaurant SoHo** (210 6th Ave., ☎ 212-807-7421) specializes in macrobiotics. Entrées are carefully proportioned with grains, sea vegetables and meat analogs. The airy and fashionable **Spring Street Natural** (62 Spring St., ☎ 212-966-0290) lives up to its SoHo address. Specializing in organic cooking, the menu sounds outstanding. Appetizers such as broiled tofu with chili peanut sauce, pumpkin ravioli and spinach pie are excellent starters. Although free-range chicken and seafood dishes dominate the entrée list, there are enough vegetarian items to keep anyone happy. Wine connoisseurs will love Spring Street's good-sized wine list. The **Helianthus** restaurant is also nearby (see feature below).

North of Houston – affectionately called NoHo by its younger, less wealthy crowd – you'll find **Quantum Leap** (88 W. 3rd St., ☎ 212-667-8050). Inexpensive for the neighborhood, the grocery carries organic produce, and the café has vegetarian sandwiches and salads. Also in the neighborhood is **Apple Restaurant** (17 Waverly Pl., ☎ 212-473-8888), a Vietnamese restaurant that uses two separate kitchens to cook its vegetarian and non-vegetarian foods. Entrees such as the garden vegetables with tempeh, shiitake mushrooms, and udon noodles are instant crowd-pleasers. Prices are reasonable for the neighborhood.

HELIANTHUS, 48 MacDougal St., New York, ☎ 212-598-0387. Price: $$. Chinese/Japanese, 100% meatless, vegan options. Hours: Monday through Friday, 11am-11pm; Saturday and Sunday, noon-11pm.

Helianthus is the scientific name for sunflower, and pictures of the plant adorn just about every square foot of this homey, yet odd SoHo restaurant. The waitstaff here is friendly and suppresses their laughter as you stumble through the menu. The focus here is on macrobiotics; the waitstaff will freely testify to the healthfulness of the Chinese herbs and vegetables used liberally in entrées and dishes.

Although I can't attest to the medicinal value of Helianthus' stews and soups, the feeling that you're sipping a magic potion can't be denied. The "Shohjin Land" is a Japanese soup with a unusual mix of earthy and exotic flavors – stuffed daikon, ginkgo nuts, along with shiitake, enoki, button and straw mushrooms, and wakame (seaweed). Fresh ginger is served on the side. For something sweeter, but no less lively, try the "Orange Flavor Sensation" – orange-flavored soy protein and wheat gluten smothered in a kung-pao sauce and topped with red and yellow peppers.

If you find Helianthus' bright yellow walls a little much, order take-out and relax at home.

East Village

The East Village is the land of dreamers. Hopeful young artists, actors and musicians have moved here since the '60s to get their start in the Big Apple. Although the area is undergoing some gentrification, rents are still relatively low, and the hundreds of coffeehouses, bars and restaurants in the neighborhood remain inexpensive.

The youthfulness of the area lends itself to a spirit of innovation and social awareness. Veganism is in full blossom here, and the majority of eateries can cater to strict dietary standards. In fact, vegetarianism is almost passé. Young animal rights activists look at ovo-lacto vegetarianism as an unenlightened throwback to their parents' generation.

Four featured restaurants (see reviews below) are in this neighborhood, including **Angelica Kitchen**, **Caravan Of Dreams**, **Kate's Joint** and **Life Café**. There are plenty of other notables as well. Pizza lovers will be tickled pink to find **Café Viva Natural Pizza & Pasta** (179 2nd Ave., ☎ 212-420-8801). Various vegetarian and vegan pies are offered with plenty of vegetable toppings to choose from. Soy cheese can replace standard mozzarella on any order. Vegan soups, lasagna and desserts are also on the menu. The eatery has recently introduced a Café Viva original – the green-tea crust pizza. Try it; you'll like it.

Black-Eyed Suzie's (128 E. 7th St., ☎ 212-388-0707) is famous for their organic country-style breakfasts. Fresh-squeezed orange juice with plenty of pulp and fresh peach pancakes with pure maple syrup will make you feel as if you're near Green Acres, not Times Square.

Open from 7am to midnight and even later on the weekends, little **Michael & Zoe's** (101 2nd Ave., ☎ 212-254-5004) is perfect for all-hour treats. Hot soups, "tofurky" sandwiches, tempeh burgers and some surprising vegan desserts round out the deli-like menu. Locals recommend their hot chai tea with soy milk on cold February nights. Another late-night favorite eatery is the tiny **Planet One** deli (76 E. 7th

St., ☎ 212-475-0112). Sit down at one of the few tables and enjoy African, Caribbean, and Asian-influenced vegan treats.

A friendly lunch joint in the area is **Ha-Hava** (81 St. Mark's Pl., ☎ 212-533-6876). Large portions of rice and noodles are served in sinister sauces. Try the rice with red kidney bean sauce, tomato, garlic and hot red pepper. If you missed the Chinatown Buddhist restaurant Vegetarian Paradise 3, **VP2** (144 W. 4th St., ☎ 212-260-7130) here in the East Village will do in a pinch. The Animal Defense League lists this as one of their favorite New York restaurants. Or you can pick up a bite on the run at **VP 2 GO** (140 W. 4th St., ☎ 212-260-7049) next door.

For groceries in the East Village, **Whole Earth Bakery & Kitchen** (130 St. Mark's Pl., ☎ 212-677-7597) has a good selection of vegetarian foods, as well as Eastern European and Indian spices and canned goods. You can't miss the cute, blue storefront.

ANGELICA KITCHEN, 300 E. 12st St., New York, ☎ 212-228-2909. Price: $$. Organic vegan, organic produce, 100% meatless, vegan options. Hours: Daily, 11:30am-10:30pm.

Well-lit, elegant and maddeningly popular, Angelica Kitchen ranks right up there with the top vegetarian restaurants in the country. In order to keep up with their 95% organic guarantee, the menu constantly evolves ensuring that regulars will never get bored. New York vegans rave about this place – there does seem to be a lot of repeat customers.

The daily seasonal special is a must. Call ahead to see what's on the board for the day. If you would rather go with an old stand-by, try the three-bean chili – fiery chili made with lentils, kidney and black beans and homemade seitan, slowly simmered with sun-dried tomatoes and a blend of chilies. Cornbread is served on the side, completing a comforting dish for a cold, city night. Also worthy of mention are both the nori maki – Japanese vegetable rolls served with wasabi and a lemon-ginger shoyu dipping sauce, and the soba sensation – soba noodles covered with a rich, velvety sesame sauce. A note from the author: Beware Angelica's tight quarters! Although I loved our small candlelit table, I nearly burned the place down when I misplaced a paper napkin.

CARAVAN OF DREAMS, 405 E. 6th St., New York, ☎ 212-254-1613. Price: $$. Organic vegetarian, organic produce, 100% meatless, vegan options. Hours: Monday, 5pm-11pm; Tuesday through Thursday, 5pm-11pm; Friday and Saturday, 11am-midnight; Sunday, 11am-11pm.

Ever had a dinner in the back of a VW Bus? If not, the Caravan of Dreams is as close as you can come. Low ceilings, old lamps, makeshift tables, and lots of clutter define this restaurant/café's gypsy aura. It's the perfect place to sip a chai tea and talk about that long overdue road trip to Mexico. Tales of trips to Tibet, Egypt and Antarctica abound among the diners at the Caravan of Dreams.

During the day, the place is a warm basement café in which to hide out and pass the time. At night, it's a dimly lit, romantic restaurant serving up a special brand of hippie haute cuisine. The aptly named "Angel's Caravan" pig-out is a heaping plate of polenta, crumbled veggie burger, and seasonal vegetables smothered with a sweet potato sauce. For a working-class meal, try the Spanish rice with two eggs and beans

served with an open fried banana. Also recommended are any of the Caravan salads with dressings like tamari-ginger-lemon or garlic-lemon-tahini.

Phoebe, from the television program *Friends*, would love this place. Live acoustic guitar music occasionally accompanied by bongos and tambourines takes place on the weekends. Tarot card readings are available on Thursday nights.

KATE'S JOINT, 58 Avenue B, New York, ☎ 212-777-7059. Price: $-$$. Vegetarian, 100% meatless, vegan options. Hours: Open daily, 9am-1am.

This will mean something to anyone who's been in New York for more than a day or two: You can get a breakfast at Kate's for two bucks. Yes, you heard me right. Any vegetarian on a budget *has* to check out Kate's on a weekday morning. For $1.99 you can choose between the tofu scramble with focaccia toast; the organic oatmeal with apples, raisins and toasted pecans; or the granola. All three come with coffee or tea. There's no way you could make it more cheaply at home. And there's no way you could find it for under $5 anywhere else in this city.

Cheap and simple food in a casual, cozy environment are the hallmarks of this hidden East Village eatery. Large parties will enjoy the velvet couch seating up front. The soup of the day is inexpensive at $1.75 for a cup and $3.25 for a bowl. For dinner there's a simple pasta with red sauce or a slightly more daring wheat-free artichoke angel hair pasta with organic greens, tomatoes and roasted pine nuts mixed with a garlic olive oil. Waiters are eager to sell the Southern-fried unchicken cutlets, which are served with mashed potatoes and vegetables all buried under "mama's homestyle" creamy gravy.

Health and un-health are the yin and the yang at Kate's. A bar up front serves copious amounts of tequila to late-night carousers and wheatgrass to mid-afternoon joggers. Both seem to inspire the same facial contortions. Note that Kate's is a smoking establishment, and proud of it: the menu describes Kate's as a "smoking vegetarian restaurant."

LIFE CAFE, 343 E. 10th St., New York, ☎ 212-477-8791; www.lifecafenyc.com. Price: $$. New American and vegetarian cuisine, vegan options. Hours: Sunday through Thursday, 11am-1am; Friday and Saturday, 11am-3am; breakfast and lunch are served Monday through Friday, 11am-5pm; brunch is held Saturday and Sunday, 11am-4:45pm, and dinner is served Sunday through Thursday, 5pm-midnight; and Friday and Saturday, 5pm-2am.

Sports bar or vegetarian restaurant? At Life Café you can't be sure. At first glance you'll swear it's the former – neon Budweiser signs, a full bar, and cigarette smoke blasts you upon entrance. Opening the menu will tell you the same thing – old-fashioned meat loaf and buffalo wings weren't exactly what you were looking for. Mixed in with all this bar food, though, are a surprising number of solid vegan entrées. Good ones, too.

For starters try the vegetable fritters – zucchini, corn, scallions and more served hush puppy-style with a cilantro ginger soy dipping sauce. For an entrée, the spicy Thai ginger coconut garlic stir-fried veggies are a mouthful. Well-spiced, still-crispy vegetables are served over brown rice. Be sure to order it with the seitan to add a bit of protein to your meal. Lunch time is a good time to come to the Life Café, too.

Choose from garden burgers, vegetarian burritos and quesadillas. Soy cheese and tofu sour cream can be substituted for the real thing on any of these items.

For the purist, Life Café won't be your cup of tea. But for anyone with die-hard carnivores for friends, this is a great place to go. Note that Life Café was the inspiration for a scene in the Broadway hit *Rent*. The Life Café and a discussion on veganism are part of the play's twisted lyrics.

Greenwich Village

In older days, Greenwich Village was New York's Bohemian district, the place where the young and the restless came to fulfill their dreams. The East Village has stolen Greenwich's designation while Greenwich has become somewhat of a tourist trap. The tourists aren't complaining, though. The neighborhood's narrow winding cobblestone streets are still quaint and unusual, and the general tone somewhat more peaceful than the rest of "move-out-of-my-way" New York.

Space is an issue at tiny **Thali** (28 Greenwich Ave., ☎ 212-367-7411), a restaurant built into a hallway. The one-price-fits-all ($10) menu is hard to beat for thriftiness. Choose from various vegetarian curries.

Flatiron District

The area around Union Square and the triangular landmark called the Flatiron Building has recently become a trendy residential and commercial district. The **Greenmarket** is held in the Union Square proper on Monday, Wednesday and Friday. (See *Farmers' Markets* at the end of this guide for more market listings in this area.) The original **Zen Palate** location is right at Union Square (see featured restaurant below).

ZEN PALATE (3 New York City locations), 2170 Broadway (between 76th & 77th streets), ☎ 212-501-7768. Price $$ (Café) - $$$ (Upstairs Dining Room). Vegetarian, 100% meatless, vegan options. Hours: Check individual restaurant for hours. Other Zen Palate locations are at 663 Ninth Ave. (46th St.), ☎ 212-582-1669; and 34 Union Sq. E (16th St.), ☎ 212-614-9291.

Ask New Yorkers to name a few vegetarian restaurants, and they will most likely mention Zen Palate among their basic staples. After sampling its tasty Pan-Asian menu, you will easily see how this restaurant chain manages to keep all three Manhattan locations bustling with delighted diners. The panes of patina copper, concrete, wood and glass of the restaurant contribute to the open-air feeling of a modern interpretation of a meditative temple, while the dishes – a harmonious blend of seasonings and organic vegetables – give you a healthy, "zen-sational" feeling.

For the appetizer, try the crispy scallion pancakes served with hoisin sauce. The sweet and sour sensation is a main dish that is served with "fun-size" tangy orange tatertots (batter-fried potatoes) on a bed of steamed broccoli. If in the mood for a more substantial meal, try the sesame medallions that sinfully taste like slices of beef (they're made of wheat gluten), bathed in an Asian barbecue sauce and garnished

with steamed broccoli. Most orders include brown rice and either a taro spring roll or a basil moo shu roll.

Dining at the Zen Palate is an experience with the urban New Yorker in mind – it offers a delightful, fun departure from the average glitzy metropolitan dining establishment. Its relaxed atmosphere, relatively inexpensive dishes, and friendly staff help produce the perfect balance – a happy stomach and a mind full of tasty memories. – *Reviewed by Simon Dang*

BACHUÉ, 36 W. 21st St., New York, ☎ 212-229-0870. Price: $$. Vegan, organic produce, 100% meatless. Hours: Monday through Friday, 8am-10:30pm; Saturday, 10am-10:30pm; Sunday, 11am-7pm.

Bachué (pronounced bah-chu-WAY) is named after a Columbian fertility goddess. Agricultural abundance is certainly the theme here, as vegans wade through an eclectic, dairy-free menu. "cream" soups, dressings and desserts are made with nuts and oats instead of dairy; desserts are sweetened with maple syrup, barley malt or rice syrup rather than honey or refined sugar.

Every continent with the exception of Antarctica is represented on Bachué's menu. Europe is represented by four pasta dishes. The Mediterranean-style pasta is sautéed in garlic with a white wine sauce, then mixed with sun-dried tomatoes, porcini mushrooms, capers and black olives. The dish is topped with your choice of grilled tempeh, seitan or tofu. For a taste of the Americas, try a South American twist – yellow Spanish rice, seasoned pinto beans and your choice of seitan, tempeh or tofu served with fried sweet plantains on the side. Representing Asia is the oden stew – soft seasonal vegetables in a dashi broth with glass noodles.

The staff at Bachué is very health-conscious, so feel free to ask about ingredients.

Little Korea

North of the Flatiron District, a small area around 30th and 32nd streets is home to a number of high-quality Korean restaurants. **Hangawi** (12 E. 32nd St., ☎ 212-213-0077) is truly a treat. A spa-like atmosphere pervades the spotless restaurant as the sounds of running water pour through the sound system. Order the emperor's meal, and you'll receive an endless stream of tiny bowls filled with kimchee, mountain roots and other Korean creations. Prices are high, but you won't experience a dining experience like this anywhere else.

Little India

Along 3rd Avenue and Lexington Avenue between 21st and 29th streets is a small strip of quiet and residential streets dubbed Little India. Although there is a sizable Indian population, it's likely that the name sprouted more from the large numbers of Indian restaurants in the neighborhood than the people.

The aptly named **Curry In A Hurry** (119 Lexington Ave., ☎ 212-683-0900) is your best bet for an afternoon curry quickie. For a more leisurely evening meal, **Vatan Indian** (409 3rd Ave., ☎ 212-689-5666) has an all-vegetarian *prix fixe* menu that is sure to leave you stuffed. Diners are served a limitless procession of curries and

soups as they sit in round, cushioned booths surrounded by artificial bamboo trees. The $19.95 per person is well worth the price. Make reservations in advance.

Madras Mahal (104 Lexington Ave., ☎ 212-684-4010) serves South Indian food without meat in the traditional Hindu style. Although *Vegetarian Times* made the restaurant famous by naming it the "Best Vegetarian Restaurant in the USA," the eatery seems a little overrated. The menu is extensive with a good selection of vegetable dosai served with coconut chutney and a spicy lentil bean sauce. Next door, the more aesthetically pleasing **Annapurna Indian Restaurant** (108 Lexington Ave., ☎ 212-679-1284) serves similar dishes. Another nearby, mostly vegan South Indian restaurant is the **Mavalli Palace** (46 E. 29th St., ☎ 212-679-5535). The prettiest of the southern Indian restaurants, the eatery affects an air of romance with its exposed brick walls, blonde wood tables and freshly cut flowers. A bonus is the affordable wine list.

Chelsea & the Garment District

Northwest of Greenwich Village, New York's gay district is benefiting from SoHo's commercialism and over-popularity. Increasingly up-and-coming art galleries are moving into the neighborhood alongside trendy restaurants.

The **Sacred Chow** deli (522 Hudson St., ☎ 212-337-0863) is an excellent place to pick up entrées for a holiday party. Dishes like the seitan roulade with chestnut pesto are offered to go by the pound. Everything is kosher, organic and completely animal-free. The deli can meet other dietary requirements, such as providing wheat-free, grain-free, fat-free, and dishes with no refined sweeteners on special order.

Midtown

Midtown is New York's main commerce area. Businesspeople walk by at a breakneck pace. The shopping district along 5th Avenue, the Rockefeller Center and the Broadway Theater District are also in the area. Located here is a branch of **Zen Palate** (663 9th Ave., ☎ 212-582-1669), detailed as a Featured Restaurant on page 49.

True to the upscale neighborhood, **Zenith** (888 8th Ave., ☎ 212-262-8080) shows off with an artistically decorated dining area and well-presented Asian-influenced entrées. The menu is very similar to that of Zen Palate.

Upper East Side

The homes of the rich and famous rest in Manhattan's Upper East Side. Wander the streets east of Central Park, and there's no telling who you'll run into. A number of New York's finest museums run along 5th Avenue, including the grand Metropolitan Museum of Art and the post-modern Guggenheim. Other often-overlooked museums such as the International Center of Photography and the Cooper-Hewitt National Museum of Design are also worth a visit.

If you're in the neighborhood, don't miss **Candle Café**, a wonderful vegan restaurant (featured below). Off the beaten track is the equally ambitious **Plum Tree** (1501 1st Ave., ☎ 212-734-1412) where the diverse menu focuses on vegan versions of Chinese specialties.

CANDLE CAFE, 1307 Third Ave., New York, ☎ 212-472-0970. Price: $$-$$$. Vegan, organic produce, 100% meatless, vegan options. Hours: Monday through Saturday, 11:30am-10:30pm; Sunday, 11:30am-9:30pm.

This Upper East Side restaurant is out of the way for most visitors to the city, but if you're taking a trip to the Guggenheim or the Metropolitan Museum of Art, a stop at the Candle Café is well worth it. Located in a tiny space next to Bistro Le Steak, it has a remarkably eclectic all-vegan menu.

If you have a taste for East Coast tradition, try the New York seitan cheese steak. Well-seasoned seitan substitutes for the steak, and a soy mozzarella for the cheese. On the list of entrées is the "Very Veggie Mexican Burrito" – a whole wheat tortilla filled with chili, grilled tempeh and steamed greens, served over brown rice and topped with salsa and a wonderful non-dairy tofu sour cream. Do-it-yourselfers will appreciate the "Good Food" side dishes. Make a meal out of baked sweet potato, grilled tempeh, corn bread, sea vegetables or other tasty sides.

Watch for celebrities at the Candle Café; actors such as Woody Harrelson often stop by after frequenting their Upper East Side haunts. A newspaper article taped to the front window shows which tables the café's famous visitors like to sit at, so that you, too, can request one of their favorite tables.

Upper West Side

Less glitzy than the East Side, the Upper West Side is home to New York's wealthy literati – a healthy mix of doctors, lawyers, artists and writers. Visitors will appreciate the 19th-century landmarks, pre-WWII apartment buildings, and well-worn tenements that dot the neighborhood.

A third location of **Zen Palate** is situated on the Broadway strip between 76th and 77th streets.

Brooklyn

There may be no other place in America with a fiercer sense of its own identity than New York's Brooklyn. Sports heroes such as Jackie Robinson defined the fighting spirit that burned in New York's toughest and most dynamic borough. When baseball's Brooklyn Dodgers left in 1957 for Los Angeles, the borough lost a piece of its soul. The city spun into an economic depression and came to be seen as a poor suburb of Manhattan. After years of poverty, Brooklyn is once again on the rise. Spike Lee's portrayals of life in Brooklyn have brought the city back to the national forefront and have rekindled Brooklyn's pugnacious spirit.

Downtown Brooklyn & Fort Greene

Brooklyn was once a city on its own, as the imposing city structures downtown will remind you. Adjacent to the commercial downtown area, the residential Fort

Greene neighborhood is home to Spike Lee. His production company, 40 Acres and a Mule, along with his clothing store, Spike's Joint, is located at 1 South Elliot Plaza.

Grab a bite at **Moustache Middle Eastern Pizza** (405 Atlantic, ☎ 718-852-5555). Moustache's "pitzas" can be stuffed with eggplant or other spicy Mediterranean specialties.

Brooklyn Heights

Just across the Brooklyn bridge, the quiet tree-lined streets and perfectly preserved brownstones of Brooklyn Heights make you wonder why anyone would want to live in noisy Manhattan. A walk along Brooklyn Height's Promenade affords awe-inspiring views of the Manhattan skyline.

Perelandia (175 Remsen St., ☎ 718-855-6068) is the local natural foods store, and offers strong selections of organic produce, herbs and macrobiotic foods.

Park Slope

The gorgeous brownstone houses on the side streets along 5th and 7th Avenues in Brooklyn have been rediscovered by professionals and others looking to make a long-term commitment to the borough. Quite a few new restaurants have also popped up in the neighborhood catering to health-conscious locals.

Red Hot Szechuan (347 7th Ave., ☎ 718-369-0700) is notable for its careful preparation of its meatless vegetable dishes. Only vegetable oils are used in their cooking, and brown rice can replace the standard steamed rice with any order. Check the seasonal vegetable list to find out what's fresh. **Tofu On 7th** (226 7th Ave., ☎ 718-768-5273) has a fine selection of fake-meat dishes cooked in the Chinese Buddhist tradition. Entrées such as the vegetarian orange beef and moo goo gai pan are made with ingenious combinations of tofu, soy bean, wheat gluten, beans, mushrooms and yams.

Next door to Tofu on 7th, **Organica** (228 7th Ave., ☎ 718-369-4700) specializes in inexpensive vegan lunches in a casual café/deli atmosphere. Salads such as the soba noodles with peanut sauce, and sandwiches like the hot, open seitan sandwich with soy cheese, onions and peppers are entirely free of animal products. All items are available for take out. A cute, popular eatery on 7th Avenue is the **2nd Street Café** (189 7th Ave., ☎ 718-369-6928). Although there's plenty of meat on the menu, you'll also find an excellent vegetarian black bean chili, garden burgers, and warm focaccia sandwiches. This is a great place to take mom for lunch.

Although it's less showy than anything you'll find in Manhattan, the **New Prospect Café** (393 Flatbush Ave., ☎ 718-638-2148) is Brooklyn's answer to Manhattan upscale organic dining. Eclectic American food is served in a bright room with flashy art work. The menu is dominated by free-range chicken and seafood dishes, but vegans will also find items such as a tempeh, watercress, and grilled vegetable sandwich on the menu.

Organic groceries in the Park Slope neighborhood are easy to come by. **Back To The Land** (142 7th Ave., ☎ 718-768-5654) is a large store open until 9pm every night. You'll find ready-to-eat deli foods, macrobiotic items and organic produce.

Prospect Park & Vicinity

Most tourists miss the superbly designed 526-acre Prospect Park, designed by the same architects who did Central Park. Lakes for ice skating and boating, along with a number of walking trails, are great places for a mid-afternoon break away from hectic Manhattan. The Brooklyn Museum of Art and the Brooklyn Botanical Garden are also hidden treasures.

Near Prospect Park in Flatbush, **Back To Eden Vegetarian Castle** (2242 Church Ave., ☎ 718-703-1275) serves vegetarian cuisine with a Caribbean twist. Tangy items such as jerked vegetables fill the menu. The restaurant also has a natural juice bar. Similar food can be found at **Liveth's Delight Vegetarian Restaurant** (1358 St. John's Pl., ☎ 718-735-4008) in the Eastern Parkway neighborhood, 10 blocks east of the Brooklyn Museum of Art.

Flatbush Food Co-op (1318 Cortelyou Rd., ☎ 718-284-9717) is open to both members and non-members. The cooperative specializes in fresh organic produce and kosher foods.

South Brooklyn & Cobble Hill

A bit worn from the years, **Café Love** (215 Court St., ☎ 718-875-4568), located in the residential Brooklyn neighborhood of Cobble Hill, serves old-school vegetarian casseroles and entrées. The juice bar is a local favorite.

Coney Island

The run-down Coney Island amusement park is visited these days more for a sense of nostalgia then real thrills. **Weiss's Restaurant** (1146 Coney Island Ave., ☎ 718-421-0164), a kosher eatery along the main strip, is crowded with sunburned New Yorkers during the summer. Stop in for non-meat soups, salads and entrées.

Greenpoint

Brooklyn's Polish neighborhood of Greenpoint is one of New York's best kept secrets with wonderful views of Manhattan and the harbor. For gourmet natural foods, try **The Garden** (921 Manhattan Ave., ☎ 718-389-6448), which has a wide selection of organic foods plus a small deli.

Queens

With over two million people speaking 120 languages, Queens is the most diverse county in the United States. New York's working class lives here, toiling away at low-paying jobs in the city. Queens is a great place to escape Manhattan's price-gouging, getting a good meal for less.

Jamaica

The neighborhood of Jamaica in the Queens borough has a couple of inexpensive, stand-out vegetarian restaurants. The all-vegetarian **Annam Brahma** (84-43 164 Jamaica Hills, ☎ 718-523-2600) offers East Indian specialties such as vegetable kebabs. **Smile Of The Beyond** (86-14 Parsons Blvd., ☎ 718-739-7453) is also meatless and serves traditional omelettes, pancakes and potatoes.

Flushing

A great neighborhood for cheap restaurants, Flushing was transformed from the city's largest commercial trash heap to the site of the 1939 World's Fair. Relics from the fair are still visible in the neighborhood, as is the hulky mass of Shea Stadium, the baseball diamond of the New York Mets.

Ask locals about the myriad Asian restaurants in the neighborhood or head to **Poti** (41-42 Main St., ☎ 718-886-5377) for vegetarian Chinese dishes. Also in the neighborhood, **India Corner** (178-19 Union Turnpike, ☎ 718-523-9682) is popular for spicy curries. You'll also find the all-vegetarian **Oneness-Fountain-Heart** (157-15 72nd Ave., ☎ 718-591-3663) in Flushing. Run by the Hare Krishnas, the eatery serves gourmet international vegetarian food.

Two natural food stores are located near the sprawling Flushing neighborhood. **Quantum Leap Natural Grocery** (65-60 Fresh Meadow Ln., ☎ 718-762-3572) has a large selection of organic produce and is open late. **Queens Health Emporium** (159-01 Horace Harding Expressway, ☎ 718-358-6500) also carries organic produce, and has an eat-in deli, a juice bar and a small bookstore.

Yonkers

Yonkers is an extension of New York City just north of the Bronx. The city has an excellent home delivery service called **Gourmet...The Natural Way** (253 Seminary Ave., ☎ 914-423-0432), which caters to vegetarians throughout the New York area. Whole meals can be ordered and delivered directly to your home, or you can receive a weekly selection of organic produce. The service also offers cooking classes for both vegans and vegetarians. The natural foods store, **Manna Foods** (171 Mamaroneck Ave., ☎ 914-946-2233), serves a vegetarian lunch Monday through Friday. The grocery also has a strong selection of fresh organic produce.

Northern Suburbs

There are eight locations of **Mrs. Green's Natural Market** in New York City's northern suburbs. All stores have large selections of fresh organic produce, a natural foods deli, a bakery and a catering service. Store locations: 365 Central Park Ave., Scarsdale, ☎ 914-472-9675; 12 Triangle Shopping Center, Yorktown Heights, ☎ 914-962-4462; 2460 Boston Post Rd., Larchmont, ☎ 914-834-6667; 780 White Plains Rd., Scarsdale, ☎ 914-472-0111; 26 Indian Rock Shopping Center, Suffern, ☎ 914-

369-6699; 666 Lexington Ave., Mt. Kisco, ☎ 914-242-9292; Lake Plaza - Route 6, Mahopac, ☎ 914-628-0533; and 202 Katonah Ave., Katonah, ☎ 914-232-7574.

Visit the Web site of Mrs. Green's Natural Market (www.mrsgreens.com), which features recipes, a list of recently arrived fruits and vegetables, as well as maps to their locations.

New York City Area Natural Foods Markets

A Matter of Health
1478 1st Ave., New York
☎ 212-288-8280

Food for Health
1653 3rd Ave., New York
☎ 212-369-9202

Good Health Natural Food
324 E. 86th St., New York
☎ 212-439-9680

Health Origins
266 3rd Ave., New York
☎ 212-375-1190

Healthy Pleasures Market
93 University Pl., New York
☎ 212-353-3663

Healthy Pleasures Market
489 Broome St., New York
☎ 212-431-7434

Integral Yoga Natural Foods
229 W. 13th St., New York
☎ 212-243-2642

Karen's on Astor
1 Astor Pl., New York
☎ 212-979-8000

Lexington Market
859 Lexington Ave., New York
☎ 212-861-8051

Lifethyme Natural Market
410 6th Ave., New York
☎ 212-420-9099

Natural Frontier Market
162 3rd Ave., New York
☎ 212-780-0263

Natural Frontier Market Uptown
1424 3rd Ave., New York
☎ 212-794-0922

Organic Market I
432 Park Ave. S, New York
☎ 212-532-2644

Organic Market II
275 7th Ave., New York
☎ 212-243-9927

Urban Organic (Organic Delivery Service)
230A 7th St., Brooklyn
☎ 718-499-4321

Rochester

A good-sized city with a growing high-tech industry, Rochester rests on the south end of Lake Ontario. There's not much here to interest the tourist. Even the locals consider their town bland, but there are a surprising number of options for non-meat-eaters in town, and no one complains about small portions.

Lentil club sandwiches, noodle salads and tempeh Reubens grace the menu at **Slice Of Life Café** (742 South St., ☎ 716-271-8010). Although locals scoff that the place serves rabbit food, its creative yet inexpensive fare draws a good crowd. The **India House Café** (1009 S. Clinton Ave., ☎ 716-271-0242) is a smaller, all-vegetarian version of the India House restaurant next door. Sample vegetable curries

and the like in a casual, uniquely Indian atmosphere. The store attached to the café sells Indian spices wholesale to the public.

Aladdin's Natural Eatery (646 Monroe Ave., ☎ 716-442-5000) (8 Schoen Pl., Pittsford, ☎ 716-264-9000) has a Middle Eastern bent but also serves salads, tofu burgers and pastas. The Pittsford location has a deck with a view over the Erie Canal. It's worth waiting for a table in the summertime.

Asian food has become popular in Rochester. **Mamasan's Restaurant** (309 University Ave., ☎ 716-262-4580) serves large quantities of Thai and Vietnamese food at reasonable prices. The **King & I** (1475 E. Henrietta Rd., ☎ 716-427-8090) serves excellent, not overly spiced entrées. Be sure to check out their well-maintained garden. **Chen's Garden Oriental Restaurant** (2411 W. Henrietta Rd, ☎ 716-427-2280) is another local favorite. Unique items, such as the fresh pea plant leaves with garlic, raise Chen's Garden a notch above the rest.

For groceries, **Genesee Co-op Food Store** (713 Monroe Ave., ☎ 716-244-3900) offers a good selection of organic produce, bulk foods and spices. Another option is **Shifa Natural Health Food Store** (1460 Monroe Ave., ☎ 716-271-1220) which specializes in kosher goods and has a juice bar.

Saratoga Springs

Saratoga Springs is a town of many faces. For some this is a therapeutic center, with a number of day spas having popped up around the city's mineral springs. For others, this is the entranceway to the Adirondacks, a huge national park area with acres and acres of pristine lakes, green mountains and remote hiking trails. Still others come for the horse racing, which takes place for one month every summer.

Vegetarians would do well to avoid the month-long racing season and visit in the spring and fall to enjoy the natural springs. At the **Four Seasons Natural Foods Store & Café** (33 Phila St., ☎ 518-584-4670) shop for organic groceries or have a sit-down meal at its full-service restaurant.

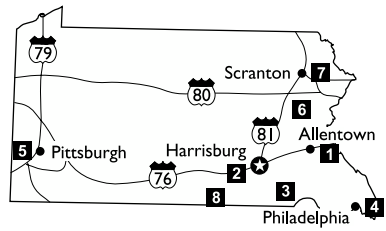
Syracuse

Centrally located, Syracuse has all the attractions of a big-time city – a major university, a quality museum, and the natural beauty of nearby Finger Lakes.

The recently remodeled Historic Armory Square district has a number of top-notch restaurants, including the **Lemon Grass Thai Restaurant** (238 West Jefferson St., ☎ 315-475-1111). Featuring upscale cuisine from the Pacific Rim, Lemon Grass's creative chefs are able to replace many of their meat items with either tofu or gluten. In the curiously named "neur pad gra pow grob" dish, gluten replaces beef loin and is sautéed with garlic, chili pepper, whisky sauce and crispy cinnamon basil.

Other vegetarian options in town include **King David's Restaurant** (129 Marshall St., ☎ 315-471-5000), which serves Middle Eastern food, and **Aladdin's Natural Eatery** (163 Marshall St., ☎ 315-471-4000), a soup and salad chain. Both restaurants are located in the Syracuse University area.

Pennsylvania



1. Garden Gate Natural Foods; Healthy Alternatives Food & Nutrition Center
2. Nature's Garden Health Food
3. Central Market; Bird-In-Hand; Shillington Restaurant & Farmers' Market; Lanvina; Asian Restaurant; Nature's Garden Natural Foods; Community Natural Food Store
4. CHINATOWN: Harmony Vegetarian; Cherry Street Vegetarian Restaurant; Kindom Of Vegetarians; Tang Yean; Singapore Kosher Vegetarian
   SOUTH STREET: Essene Café; Mirchi; Guru; The Latest Dish; Rhino Café
   WEST OF CITY CENTER: White Dog Café; Samosa
   ELSEWHERE IN PHILLY: Rajbhog Indian Vegetarian; Under The Blue Moon; Vegetable Garden; Martindale's Natural Foods; Main Line Health Food Intl. & Carrot Bunch Restaurant
5. My Ngoc; Penns Woods Organics Market; Janet's Café; Sesame Inn; The Beehive; Star of India; Ali Baba Restaurant; Good Life Market; East End Food Co-op
6. Black Bread Café
7. Bangkok Kitchen
8. Fresh Fields; Food For Thought

Pennsylvania has a lot to offer the accidental tourist. Steeped in American history and home of the Liberty Bell, Philadelphia is the obvious first stopover for visitors to the state. The rest of the Keystone State, though, is not to be ignored. To the east the Civil War battlegrounds of Valley Forge and Gettysburg are playgrounds for history buffs, while to the north the Poconos provide wonderful hikes for outdoor enthusiasts. Meanwhile, Pittsburgh, on the border with Ohio, is a city rapidly changing for the better.

As far as vegetarians are concerned, the eastern part of the state is far more vegetarian-friendly. Both Philadelphia and Pennsylvania Dutch Country are great places to eat out and pick up quality organic produce.

Allentown

The old steel town has a couple of health food stores if you find yourself there. **Garden Gate Natural Foods** (17 S. 9th St., ☎ 610-433-8891) is downtown while the **Healthy Alternatives Food & Nutrition Center** (7150 Hamilton Blvd., Trexlertown, ☎ 610-366-9866) in Trexlertown provides vegetarian lunches for takeout.

Harrisburg

South-central Pennsylvania holds interest to travelers who come to visit either the state capital, the Hershey chocolate factory or Three Mile Island – the infamous site of

a partial nuclear meltdown. Unfortunately, Harrisburg doesn't have the usual liberal trappings of most state capitals. The only veggie-friendly place we could find in town is **Nature's Garden Health Food** (424 N. Progress Ave., ☎ 717-545-7300) and it's a bit out of the way.

Pennsylvania Dutch Country

Pennsylvania's Dutch Country is home to the Amish, the world-famous religious sect that still does things the old-fashioned way. The "Plain people," as they refer to themselves, live simple lives working the land with horse-drawn plows and eschewing the trappings of modern technology.

The area's main attractions are its farmers' markets where the local folk sell the fruits of their labor. It's a great opportunity to interact with the otherwise reticent Amish, who have grown weary of all the media attention that they've received. The **Central Market** (Penn Square, Lancaster, ☎ 717-392-6434), in Lancaster, is the most popular and unfortunately the most crowded. Hours are Tuesdays and Fridays, 6am-4pm, and Saturdays, 6am-2pm. The much smaller town of **Bird-In-Hand** (☎ 717-393-9674) holds their own market on Fridays and Saturdays from 8:30am to 5:30pm. From April to November the market is also open on Wednesdays, and July through September on Thursdays. Near Reading, you'll find the less-traveled **Shillington Restaurant & Farmers' Market** (Museum Rd. & Route 222, ☎ 610-777-1141). The market is open Thursday and Friday, 6am-6pm.

As inviting as they are, the famous Amish roadside diners aren't great places for vegetarians. Most of the feasts served at these "family diners" include three meat entrées and not much else. You may want to go, just for the experience, but be forewarned. If you choose to avoid them, head to Lancaster for other eats. Here you'll find the **Lanvina** restaurants (1762 Columbia Ave., ☎ 717-393-7748; and 1651 Lincoln Hwy. E., Lancaster, ☎ 717-399-0199) a pair of quality Vietnamese establishments, as well as the **Asian Restaurant** (553 N. Pine St., Lancaster, ☎ 717-397-7095), a good place to sample traditional Chinese noodle dishes.

If you miss the farmers' markets, you can pick up supplies at **Nature's Garden Natural Foods** (4336 Perkiomen Ave., Reading, ☎ 610-779-3000) located in the Reading Mall or at the **Community Natural Food Store** (1065 W. Main St., ☎ 717-656-7222) in New Holland.

Philadelphia

There's no getting around the Philly Cheesesteak in Philadelphia. America's first city is a meat lover's town, and they let you know it.

Chinatown

Fortunately for vegetarian visitors, Chinatown is near the city center and all the major tourist attractions. You'll find a number of strict vegetarian restaurants serving vegetable and mock meat dishes all within close proximity of one another. **Harmony Vegetarian** (135 N. 9th St., ☎ 215-627-4520) has small, private dining perfect for

an afternoon tryst. The kosher/vegan **Cherry Street Vegetarian Restaurant** (1010 Cherry St., ☎ 215-923-3663) also comes highly recommended. The hands-down favorite there is the dynasty mock chicken served in a thick, spicy sauce. The all-you-can-eat vegetarian dim sum is the draw to **Kingdom Of Vegetarians** (129 N. 11th St., ☎ 215-413-2290). Also in the neighborhood is **Tang Yean,** (220 N. 10th St., ☎ 215-922-8636) known for its gregarious owner and a notable lack of atmosphere.

SINGAPORE KOSHER VEGETARIAN, 1029 Race St., Philadelphia, ☎ 215-922-3288. Price: $$. Buddhist, 100% meatless, vegan options. Hours: Contact restaurant for current hours.

Singapore's chef and owner, Peter Fong has taken a long, arduous journey to open his restaurant in Philadelphia's Chinatown. Growing up in a Buddhist temple in Malaysia, he watched monks prepare meatless dishes using ages-old recipes. And he learned. Moving to Holland, Peter continued his study of cooking, but this time in a run-of-the-mill eatery in Amsterdam. He longed to bring his familiarity with the Buddhist traditions to light, and when he moved to Philadelphia his dream came to fruition.

The hundred plus vegan items on Peter's menu are difficult to negotiate, but don't worry about ordering a lemon; all his menu items are well-executed. Start with a tasty bowl of asparagus and mushroom soup then work your way to the entrées. Among the favorites are the vegetarian roast duck, made with carefully marinated seitan and served along side carrots, water chestnut, taro root and a variety of Chinese vegetables in a well-spiced sauce. Also popular is "General Tso's Mock Chicken" – chunks of crispy "chicken" mixed with broccoli cooked in an elegant sweet-and-spicy sauce.

Singapore's ambience is one of the best in the often-stark confines of Chinatown's restaurants. The cool, pillared room is kept interesting with live plants and Chinese Buddhas.

South Street

If you're in town for a while and have grown tired of wheat gluten, head south of the city center to Philly's trendy South Street district. **Essene Café** (719 S. 4th St., ☎ 215-928-3722), located next to the Essene Natural Foods Store, has a wide variety of vegan and vegetarian dishes including an out-of-this-world Spanish-style paella. **Mirchi** (236 South St., ☎ 215-925-5631) is a strange combination Indian/Mexican restaurant that has a separate vegetarian section on the menu. The setting is casual and the food inexpensive. You'll also find a couple of New American restaurants along this path. In a bar-like setting with modern, backroom dining is **Guru** (222 South St., ☎ 215-413-9240). **The Latest Dish** (613 S. 4th, ☎ 215-629-0565) also has a variety of light meat dishes and vegetable dishes. For lighter fare, **Rhino Café** (212 South St., ☎ 215-923-2630) has sandwiches, wraps and salads; all a bargain at under $6.

West of the City Center

West of the city center are a couple of natural foods stores of note. Check the natural food listings later in this section. You'll also find the popular **White Dog Café** (3420 Sansom St., ☎ 215-386-9224) with its brand of gourmet new American cuisine near the University of Pennsylvania campus.

SAMOSA, 1214 Walnut St., Philadelphia, ☎ 215-545-7776. Price: $. Indian. Hours: Contact restaurant for current hours.

The draw to Samosa can be summed up very simply: it's $4.99 for their all-you-can-eat lunch buffet. Bargain hunters will enjoy the simple, if unexceptional, fare at this very central restaurant. The décor is quite sparse, although the ivy-laden rafters are a nice touch.

The buffet consists of a mixed vegetable soup – spiced with a healthy dose of green chilies; palek paneer – a spinach dish made with homemade cheese; chana masala – chickpeas spiced with garam masala; mixed vegetable curry; and a mild lentil dish. Brave spice lovers will want to add a couple of the pickled vegetables and chilies. There are also standard salad fixings, raita, and a yogurt and pistachio pudding for dessert.

Service is definitely on the odd side. They expect you to make yourself at home, so head straight for the buffet line and don't ask any questions.

Elsewhere Around Philly

In Northeast Philadelphia you'll find **Rajbhog Indian Vegetarian** (738 Adams Ave., ☎ 215-537-1937), which carries a number of Southern Indian specialties.

Off the beaten path, the neighborhood of Chestnut Hill has an English feel. Here you'll find **Under The Blue Moon** (8042 Germantown Ave.) where graduates of the Philadelphia Restaurant school offer a multi-cultural menu. Along the same street is **Vegetable Garden** (8225 Germantown Ave., ☎ 215-242-5373).

In the suburbs, **Martindale's Natural Foods** (Baltimore Pike & Route 320, Springfield, ☎ 610-543-6811) is a great place to go for organic produce. Also in Ball Cynwyd, the **Main Line Health Food International & Carrot Bunch Restaurant** (51 E. City Line Ave., ☎ 215-664-5231) has a extensive selection of vegetarian entrées.

Philadelphia Natural Foods Markets

Center Foods Natural Grocer
1525 Locust St., Philadelphia
☎ 215-732-9000

Essene, The Natural Foods Market
719 S. 4th St., Philadelphia
☎ 215-922-1146

Natural Goodness Market & Café
2000 Walnut St., Philadelphia
☎ 215-977-7749

Pittsburgh

Back in Pittsburgh's steel mill days, the city was infamous for both its high pollution levels and its public health problems. Nowadays, Pittsburgh has cleaned up its act and is becoming known as one of the safer US cities in which to live. It is also the proud home of the Andy Warhol Museum, a must-see for fans of Warhol's unique brand of pop art.

Northeast of downtown along the Allegheny River, Smallman Street and Penn Avenue have become known as The Strip – an area going though a renaissance, with vintage clothing shops, clubs and inexpensive restaurants. Along the street you'll find **My Ngoc** (2120 Penn Ave., ☎ 412-765-1150), an authentic and inexpensive Vietnamese restaurant. **Penns Woods Organics Market** (2316 Penn Ave., ☎ 412-765-1964) carries a wide variety of organic produce.

Across the river, south of downtown, is **Janet's Café** (901 E. Carson St., ☎ 412-381-5308), a popular noontime joint with vegetarian salads and sandwiches. On a bluff overlooking downtown in Mt. Washington is the **Sesame Inn** (61 Station Sq. E., ☎ 412-281-8282), a Chinese restaurant with good vegetarian options.

East of downtown, the student district of Oakland is another spot for good, cheap vegetarian food. **The Beehive** (3807 Forbes Ave., ☎ 412-687-9428) houses an arthouse theater with a coffeehouse. You'll find veggie-friendly soups and salads on their menu. On the main thoroughfare, **Star of India** (412 S. Craig St., ☎ 412-681-5700) serves Indian food with a number of vegan options. Right next door **Ali Baba Restaurant** (404 S. Craig St., ☎ 412-682-2829) offers falafel and other Middle Eastern specialties.

Southwest of the city, **Good Life Market Inc.** (1121 Bower Hill Rd., Mount Lebanon, ☎ 412-279-8499) has a juice bar and vegetarian deli.

The recreation area south of Pittsburgh is notable for a great natural foods co-op. The **East End Food Co-op** (7516 Meade St., Point Breeze, ☎ 412-242-3598) is a combo vegetarian café and whole foods market.

The Poconos

The heavily forested mountains called The Poconos are full of both highfalutin' resorts for honeymooners and budget campsites for backpackers. Hikers will love the Delaware Water Gap, a 37-mile-long national recreation area that includes about 25 miles of the Appalachian Trail.

The town of **Jim Thorpe** is one of the prettiest in the region. **Black Bread Café** (47 Race St., ☎ 717-325-8957) is here – a good spot to stop for soups and salads.

Scranton

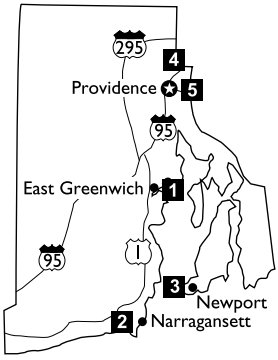
Industrial Scranton doesn't have much to attract the visitor. But if you find yourself in town, head to **Bangkok Kitchen** (815 Mulberry St., ☎ 717-343-4047) for quality Thai food. The place is located across the street from the University of Scranton.

Valley Forge & Gettysburg

Valley Forge National Historic Park commemorates the encampment where thousands of Revolutionary soldiers perished while sitting out the winter of 1777. Despite their losses from the bitter cold, General Washington rallied his troops to defeat the British the following summer. Before visiting, stop at **Fresh Fields** (821 W. Lancaster Ave., Wayne, ☎ 610-688-9400) for groceries, sandwiches and other goodies.

Gettysburg was the scene of one of the Civil War's bloodiest battlegrounds. It is also the site where President Lincoln gave his now-famous Gettysburg address. For eats in the area, head to **Food For Thought** (48 Baltimore St., ☎ 717-337-2221) an inexpensive natural foods café with a laid-back student crowd. It's a great spot to pick up a book and catch up on your history.

Rhode Island



1. Back To Basics Natural Foods Grocery
2. Food For Thought
3. Harvest Natural Foods
4. Garden Grill Café & Juice Bar
5. O-Cha; India; Bread & Circus

The nation's smallest state is blessed with some great beaches and a scenic capital city. To be honest, in the way of vegetarian cuisine, there isn't much of it.

East Greenwich

The western shore of the Narragansett Bay is home to **Back To Basics Natural Foods Grocery** (500 Main, ☎ 401-885-2679).

Narragansett

Heading out to Point Judith and Southwestern Rhode Island's long sandy beaches, stop at **Food For Thought** (140 Point Judith Rd. #32, ☎ 401-789-2445) for natural food groceries.

Newport

Newport is a popular summer destination for the fabulously rich. Yachts fill the harbor on weekends while old mansions afford their wealthy owners beautiful sea views. Other than lots of sunshine, Newport is also home to a number of summer music festivals. Jazz, classical and folk festivals are all sponsored here.

Appropriately, Newport is the home of the Tennis Hall of Fame. Whether or not you're planning a visit, it's good to know that **Harvest Natural Foods** (1 Casino Terrace, ☎ 401-846-8137) is just across the street. Get a sack full of organic produce or buy a take-out lunch from the deli.

Pawtucket

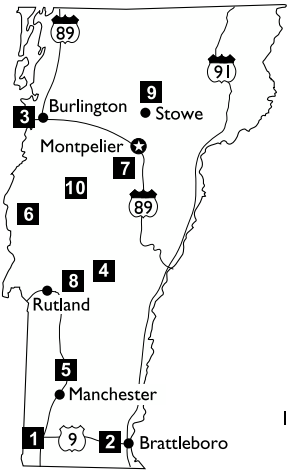
Before leaving the state on the way up I-95 to Boston, be sure to stop by **Garden Grill Café & Juice Bar** (727 East Ave., ☎ 401-726-2826). This all-vegetarian place serves up a mean portobello mushroom sandwich. Don't miss it.

Providence

Providence is a walkable city with a renovated waterfront that's fast becoming the talk of the town. It also has two honorable learning institutions, Brown University and the Rhode Island School of Design, which bring fresh ideas to the venerable city.

Although local foodies brag that their restaurants are better than Boston's, it wasn't easy to find anything particularly impressive for vegetarians. **O-Cha** (221 Wickendon St., ☎ 401-421-4699) is a popular Thai restaurant near downtown. A number of other ethnic food restaurants with limited options are also on the street. The best Indian restaurant in town is **India**; there are two locations (123 Dorrance, ☎ 401-278-2000; and 758 Hope, ☎ 401-421-2600). Near Brown University is the large **Bread & Circus** (261 Waterman St., ☎ 401-272-1690) organic foods store. You'll find many vegetarian and vegan salads and prepared foods in the deli and bakery.

Vermont



1. Alldays & Onions; Blue Benn Diner; Spice & Nice
2. Common Ground; Brattleboro Food Co-op
3. City Market Place; India House Restaurant; Pacific Rim; Moon Meadow Market; Healthy Living; Onion River Co-op
4. Hemingway's
5. New Morning Natural Foods
6. Storm Café; Woody's; Panda House; Middlebury Natural Foods Co-op
7. Horn Of The Moon Café; State Street Market & Deli
8. Sunshine Natural Market & Deli; Rutland Area Co-op
9. Miguel's Stowe Away; Food For Thought
10. Bella Luna Pizzeria/Tratorria

Vermont's isolated mountains, harsh winters and small towns foster a community spirit that is unique among the 50 states. It's one of the few places left where you can borrow butter from your neighbors without being shooed away from the house with a cold glare. This sense of neighborliness extends to the environment and the creatures that inhabit it. Co-ops and natural food stores are common throughout the state. Vermonters also like to keep it small: this is one of the few places where small, family-owned farms haven't been pushed out by large agribusiness interests.

For travelers, there is plenty to see and do. The winters are harsh, and there are no beaches as in the rest of New England, but for those in-the-know, Vermont is a paradise for the ecologically minded. With a mostly rural population of 500,000 people, the majority of Vermont's land mass consists of the beautiful and well-protected Green Mountains, whose unparalleled beauty stands out most during the colorful autumn. Most visitors to the state come in the wintertime, driving up from New York City to ski the slopes. The other nine months, however, might be the best time to visit, when you can view this peaceful state without having to fight the mobs.

Bennington

You've taken the road less traveled if you arrive in Bennington. Poet Robert Frost was buried here in the cemetery of the Old Bennington Congregational Church.

Along the main strip, stop for a sandwich at **Alldays & Onions** (519 Main St., ☎ 802-447-0043). Build your own sandwich from a long list of items on their chalkboard. Along Route 7, the **Blue Benn Diner** (102 Hunt St., ☎ 802-442-5140) has been serving quick meals to locals and lonely travelers for over 50 years. It's not all

diner food, though – you'll find quiche, salads and vegetarian specials on their menu as well.

Bennington's natural foods store is **Spice & Nice** (233 North St., ☎ 802-442-8395).

Brattleboro

Refugees from the urban jungles moved to Brattleboro, just north of the Massachusetts border, for some peace, quiet and communal living in the '60s. There's still a hippie feel to the town, although the radicals have come and gone. Sightseers should hike up to the famous Hogback Mountain Lookout for a 100-mile view of the surrounding Green Mountains.

Common Ground (25 Elliot St., ☎ 802-257-0855) is a worker-owned cooperative restaurant that works with local farmers to produce all-organic, all-vegetarian meals. Stir-fries and seitan sandwiches are some of the menu's offerings.

For groceries in town, there's no better place than the **Brattleboro Food Co-op** (2 Main St., ☎ 802-257-0236). In addition to a huge selection of organic produce and bulk foods, a full-service deli and café comes complete with a salad bar, juice bar, and a good selection of store-made soups, salads and entrées.

Burlington

Calling it a city is a stretch, but at 50,000-plus it's the closest thing in Vermont. Civic events like the jazz and reggae festivals do draw a crowd, and the University of Vermont students keep things lively.

At the Church Street Marketplace downtown, the **City Market Place** (211 College St., ☎ 802-658-5061) is a hub of activity. Check out the community board for local events and the live music schedule. Tofu and seitan entrées with Asian influences are served all day. You can also pick up homemade breads at the bakery. Ethnic offerings in Burlington include **India House Restaurant** (207 Colchester Ave., ☎ 802-862-7800) and **Pacific Rim** (111 St. Paul, ☎ 802-651-3000). Both have vegetarian menus.

Natural foods markets in the city are plentiful. The **Moon Meadow Market** (150 Dorset St., S. Burlington, ☎ 802-862-9000) has a bakery, juice bar and gourmet deli. **Healthy Living** (4 Market St., ☎ 802-863-2569) is conveniently located downtown and has a café and a good selection of organic produce. The local cooperative is **Onion River Co-op** (274 N. Winooski Ave., ☎ 802-863-3659).

Killington

Killington is the location of both a prime ski resort and one of the nation's premier American restaurants. **Hemingway's** (Route 4, PO Box 337, ☎ 802-422-3886), located in a restored 19th-century mansion, has a gorgeous setting that is only fluff for the extravagance of its dinners. Vegetarian selections are offered, and they are just as creative as their meat dishes. Entrees such as vegetable strudel with hazelnuts and or-

ange, asparagus flan with tomato fondue, and wild mushroom risotto will please even the most unimpressionable palate. Call ahead with special dietary needs. The staff can create vegan, wheat-free, Pritikin, Atkins, and low-fat meals. Be sure to make reservations – weekends fill up weeks in advance.

Manchester

Manchester's outlet stores and resorts are much maligned by community-oriented locals. Admittedly, though, the nearby skiing is hard to beat. Pick up organic groceries near town at **New Morning Natural Foods** (Route 11 & 30, ☎ 802-362-3602).

Middlebury

The quaint town of Middlebury is a crossroads for those traveling through Central Vermont. A number of restaurants in town are worth stopping at, including the funky **Storm Café** (3 Mill St., ☎ 802-388-1063) located in the basement of the stone-structured Frog Hollow Mill. The almost Gothic interior is an excellent setting for the Storm Café's short menu of soups, salads and sandwiches. Organic produce is featured in several menu items. On old-fashioned Bakery Lane, you'll find **Woody's** (5 Bakery Ln., ☎ 802-388-4182), an eclectic restaurant serving innovative international cuisine. In the Middlebury Marbleworks building you'll find **Panda House** (2 Maple St., ☎ 802-388-3101), the town's favorite Chinese establishment.

The local cooperative and organic grocery is **Middlebury Natural Foods Co-op** (1 Washington St., ☎ 802-388-7276).

Montpelier

The state capital is home to a mere 8,000 souls, a fitting symbol for the small-town nature of Vermont. For vegetarian dining near the gold-domed State Capitol, there is an oldie-but-goodie, **Horn Of The Moon Café** (8 Langdon St., ☎ 802-223-2895). Although the interior could use a facelift, the menu changes with the times. Nightly dinner specials are posted a month in advance and feature items such as roasted red pepper pasta, spinach and mushroom strudel, and yemiser we't, which is an Ethiopian stew.

The **State Street Market & Deli** (20 State St., ☎ 802-229-9353) provides the town with natural foods and deli items.

Rutland

The working class town of Rutland near the Killington ski resort has two natural foods groceries. Buy organic produce at either **Sunshine Natural Market & Deli** (42-44 Center, ☎ 800-372-2050) or at **Rutland Area Co-op** (77 Wales, ☎ 802-773-0737).

Stowe

In a cozy valley with nearby skiing and hiking trails, Stowe is a small town resident's dream. Ben & Jerry's, one of the most progressive companies in the nation, has a factory nearby which provides most of the town's jobs.

Miguel's Stowe Away (Mountain Rd., ☎ 802-253-7574) is recommended for Mexican cuisine, such as vegetarian beans, rice and burritos. **Food For Thought** (Route 100, ☎ 802-253-4733) is the town's natural grocery store. It has a full-service deli with sandwiches and soups.

The Inside Scoop

No trip to Vermont is complete without a visit to Ben & Jerry's famous ice cream factory. If there are happier cows this side of India, Ben & Jerry's has them. With a solid policy of using cream only from farms who have pledged not to use BGH (bovine growth hormone), Ben & Jerry's provides you with a non-toxic product. All their cream comes from local Vermont family farms. This ensures that profits stay in the community, something that large corporations as a whole fail to do.

Ben & Jerry's "1% for Peace" policy also ensures that the company gives back something to the community. Most of B&J's benefactors are local non-profits who are aided through both the donations and the volunteer work of employees. Despite the fact that some think it's just a clever marketing ploy, I like to think that there's some genuine kindness sprouting from these good old boys from Vermont.

The 30-minute tour includes a short video detailing the history of the company, a bird's-eye view of the production lines (including a look into the lives of the oh-so-lucky "Quality Assurance Engineers" who spend their days taste-testing away), and a visit to the tasting room to sample to the latest Ben & Jerry's concoction. Following the trip you can buy a hemp hat or recycled plastic frisbee in the gift shop, or head straight for the ice cream stand – the whole point of it all.

Ben & Jerry's Ice Cream Factory Tour, Route 100, Waterbury, VT, ☎ 802-882-1260, www.benjerry.com.

Sugarbush

Vermont's second ski resort is inundated with New Yorkers and Bostonians in the winter, yet is peaceful and idyllic the rest of the year. A few vegetarian items like the pumpkin raviolini can be found at **Bella Luna Pizzeria/Tratorria** (Sugarbush Village, ☎ 802-253-7574).

A Sweet Escape For All Your Senses

Looking for the ultimate healthy getaway? You'll adore Ron and Kathy's **Sweet Onion Inn**. Nestled deep in Vermont's scenic Green Mountains, the inn lies halfway between the Killington ski resort to the south and Sugarbush to the north. It's a popular winter location, but travelers also enjoy visiting in the fall for the New England colors, as well as in spring and summer when the Green Mountains show off their green.

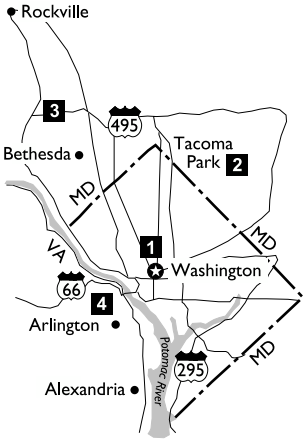
Although the craftsmanship of the inn itself is a highlight, the novelty of the Sweet Onion Inn lies in its meals. Ron is a certified nutritionist and a past owner of a natural foods store who has brought his considerable skills to work here at the Sweet Onion. All guests receive both dinner and breakfast. Dinner is a doozie. Four courses are served, starting with a fresh dinner salad consisting of greens and vegetables culled from the couple's garden (whenever possible), followed by soup, entrée and dessert.

My meal was comprised of gazpacho soup, a well-treated Spanish quinoa, and heaping plates of tomato-filled tempeh enchiladas. Everything is cooked just moments before you arrive, and you can certainly taste the freshness. Ron enjoys personalizing his menus – call ahead regarding your dietary needs. In the summer you can dine on the deck while gazing at the stars.

If you're staying for a while, take advantage of some of the inn's extras. Kathy runs a well-stocked vitamin and herb shop next door to the inn. She'll be happy to open it at any time. Ron can provide nutritional counseling for guests at a reasonable hourly rate. Hypnotherapy, massage sessions, and planned outings are also available.

Sweet Onion Inn, Route 100, PO Box 66, Hancock, VT 05748, ☎ 802-767-3734.

Washington DC



1. GEORGETOWN: Miss Saigon; Ben & Jerry's; Myth.com; Burrito Brothers; Harmony Café; Amma's Vegetarian Kitchen; Aditi
   ADAMS MORGAN: Fasika's
   DUPONT CIRCLE: Teaism; Bacchus; WrapWorks; Oodles Noodles; City Lights Of China; Asia Nora; Restaurant Nora
   NEAR THE WHITE HOUSE: Georgia Brown's; Bombay Club; Red Caitlen Chili Bar; Indian Delight; Ruppert's
   HOWARD UNIVERSITY: Delights Of The Garden
2. TAKOMA PARK & LANGLEY PARK: Savory; Mark's Kitchen; Udupi Palace
3. BETHESDA & ROCKVILLE: Thyme Square; The Vegetable Garden
4. HERNDON: Vegetaria

There is no greater example of the great American melting pot than Washington DC's restaurant scene. Every imaginable cuisine is represented in "the District," and what it lacks in sophistication, it makes up for in sheer volume. Most ethnic restaurants have a "vegetables" section, making it easy for vegetarians to negotiate their way around the city. Purists will note that many of these eateries use meat stocks in their "vegetable" dishes, so be sure to ask ahead of time if you are concerned.

On the Side

For more information about vegetarian places and events in the greater District of Columbia area, contact the **Vegetarian Society of DC** at PO Box 4921, Washington DC 20008, ☎ 202-362-8349. You may also reach them by e-mail at vsdc@vsdc.org.

Georgetown

Georgetown's M Street has a slew of ethnic eateries and veggie-friendly establishments. Walking towards the university from downtown, you'll find **Miss Saigon** (3057 M St. NW, ☎ 202-333-5545) for Vietnamese. Fans of **Ben & Jerry's** (3135 M St., ☎ 202-965-2222) will find an outlet here for B&J's hormone-free ice cream. **Myth.com** (3241 M St., ☎ 202-625-6984) is a brand-spanking-new cybercafé that serves crêpes and freshly squeezed juices. **Burrito Brothers** (3273 M St. NW,

☎ 202-965-3963) serves low-fat California-style burritos. For tofu dishes, try **Harmony Café** (3287½ M St. NW, ☎ 202-338-3881). Perfect for an inexpensive, all-vegetarian light lunch is **Amma's Vegetarian Kitchen** (3291 M St., ☎ 202-625-6625). It specializes in dosai (rice crêpes) stuffed with various curries. Washington's vote for its favorite Indian goes to **Aditi** (3299 M St. NW, ☎ 202-625-6825) – you'll find all your standards here.

Adams Morgan

Another hot spot for ethnic food is the Adams Morgan district. The scene is livelier and more authentic than its Georgetown neighbor; its restaurants are full of hustle and bustle. Locals swear by **Fasika's** (2447 18th St. NW, ☎ 202-797-7673) for Ethiopian, claiming it surpasses more highly regarded African cuisine in town.

Dupont Circle

God bless the lost tourist stuck in the maze of streets, taxis, low riders, moviegoers and carousers that comprise Dupont Circle. Get away from it for a moment at **Teaism** (2009 R St. NW, ☎ 202-667-3827) for herbal teas and light Japanese food. Another relaxing joint is **Bacchus** (1827 Jefferson Pl. NW, ☎ 202-785-0734), known for its "mezze," the Lebanese version of tapas. Also on the circle is **Wrap Works** (1601 Connecticut Ave. NW, ☎ 202-265-4200) for vegetable-filled wraps. Serving Chinese noodle-house fare in the midst of things is **Oodles Noodles.** (1120 19th St., ☎ 202-293-3138). **City Lights Of China** (1731 Connecticut Ave., ☎ 202-265-6688) revels in urban chaos; the subterranean basement setting is huge and is always packed.

ASIA NORA, 2213 M St. NW, Washington DC, ☎ 202-797-4860. Price: $$$. Asian, organic produce. Hours: Monday through Thursday, 5:30pm-10pm; Friday and Saturday, 5:30pm-10:30pm. **RESTAURANT NORA**, 2132 Florida Ave. NW, Washington DC, ☎ 202-462-5143. Price: $$$. Rating: Recommended. New American, organic produce. Hours: Monday through Thursday, 6pm-10pm; Friday and Saturday, 5:30pm-10:30pm.

Restaurant Nora and its sibling Asia Nora are the brainchild of head chef and organic food advocate Nora Pouillon. Nora has been promoting organics for 20 years, starting long before natural and organic foods stores like Whole Foods became fashionable. She has also headed a campaign to save the swordfish, whose numbers have been depleted by over-harvesting. Nora pays close attention to the yearly crops and only buys in-season produce from local farmers. Her menus change nightly to reflect this, ensuring that diners will be eating the best the market has to offer.

Both eateries are high-society restaurants, but without the attitude that sometimes accompanies nouvelle cuisine. Asia Nora restaurant makes for an enchanting evening with its dark walnut tables, stylish architectural angles and low mood-lighting. Restaurant Nora is set in a converted 19th-century grocery store transformed into various richly lit rooms with antique Amish quilts.

There aren't many strictly vegetarian items on the menu (the Asia Nora makes heavy use of fish sauce), but the waitstaff is very honest and knowledgeable about in-

gredients and will accommodate any reasonable requests. Start your dinner off with the well-presented grilled spring asparagus nori rolls – vegetarian sushi with ponzu (a flavored soy sauce) and wasabi served beside organic bitter greens and colorful edible flowers. The udon noodle bowl is also popular (although it does contain fish sauce) – asparagus tempura, grilled tofu, spring vegetables and sea greens. One night's entrée was the grilled summer squash & portobello tower served with curried tomato vinaigrette, fragrant herbs, and wilted greens.

Restaurant Nora is the first restaurant in the US to have been certified as 100% organic. Rest assured that your meal will be chemical-free. For $38, the chef will also put together a five-course vegetarian sampler – it's the ultimate organic orgy, so bring a date. Neither the Nora nor the Asia Nora have a dress code but, as in most upscale DC restaurants, a suit and tie is the norm.

On the Side

Both Asia Nora and Restaurant Nora are featured on Nora's Web site at www.noras.com. A highlight is her extensive wine list.

Near The White House

If you prefer upscale, Washington is the place for you. Lawyers pack themselves in like schools of sardines at snooty **Georgia Brown's** (950 15th St. NW, ☎ 202-393-4499). Their brand of Southern cuisine provides some veggie options. A side of black-eyed peas is scrumptious. Near the White House, the **Bombay Club** (815 Connecticut Ave., ☎ 202-659-3727) is a favorite of Washington bureaucrats. An impeccable dining room and terrace are highlights. The well-regarded **Red Caitlen Chili Bar** (605 14th St. NW, ☎ 202-638-4444) serves gourmet Southwestern food to the masses, although senators and representatives seem to get the best seats.

Two of Washington's most convenient vegetarian restaurants for tourists are the twin **Indian Delight** establishments, with one location near the Capitol (50 Massachusetts Ave. NE, ☎ 202-842-1040), and the other next to the White House (1100 Pennsylvania Ave. NW, ☎ 202-371-2295).

Featured Restaurant RATING

RUPPERTS, 1017 7th St. NW, Washington DC, ☎ 202-783-0699. Price: $$$. New American, organic produce, vegan options. Hours: Tuesday and Wednesday, 6pm-10pm; Thursday, 11:30am-2:30pm and 6pm-10pm; Friday and Saturday, 6pm-11pm.

The understated Rupperts feels like a 1930s speakeasy. Across the street from a graffiti-lined excavation that will someday be the new convention center, Rupperts' exterior looks like a pawnshop. A peek through its heavily gated windows, however, reveals the elegant post-modern interior of a cutting-edge restaurant. The owners like the fact that their exterior seems seedy: "We're a destination," a co-owner claims. Judging from the reservation list, they are.

The menu at Rupperts is a farmer's dream; the kitchen follows the market religiously and buys its vegetables based on what is fresh and in season. The menu var-

ies daily. There are always two vegan appetizers, a vegan main dish, and a vegan sorbet on the list. One night's offering included a baby artichoke and potato soup made with a mushroom stock and a wild morel salad – morel mushrooms served warm over delicately wilted baby greens and mizuma. The entrée, chanterelles, was in a red wine sauce served in conjunction with porcini mushrooms, fresh soybeans and greens. Rupperts bakes four different types of breads nightly. The salted semolina and fresh herb was one night's special**.** A word about prices – they're steep if you're on a budget. However, vegans will be happy to know that everything on the menu, including the meat items, eschews butter and milk. The chef feels that dairy weighs down his entrées.

A Lovely Gem In The Heart Of DC

The popularity of B&Bs and country inns has blossomed in the last decade as folks have begun sneaking away from their hectic, big-city lives for more peaceful retreats. For organic food aficionados and vegetarians this has been a wonderful development, as many of these inns grow vegetables organically in their own gardens. They are also more receptive to accommodating people with special diets than are hotels. A simple call to a B&B ahead of time will usually do the trick.

It takes one step into the foyer of the Tabard Inn to forget that you're just a block off of Dupont Circle in the cultural heart of the bustling capital of the United States. The inn is located in an unassuming Victorian townhouse on an easily overlooked tree-lined street. The first floor is a maze of intimate lounges, dining rooms and garden patios. The rooms are on the top level of the building and range widely in their level of elegance and detail, providing opportunities for both the budget traveler and the couple on a romantic weekend splurge. Room rates range from $67 to $175 per night.

Tabard Inn's restaurant is a testament to the spirit of organic farming. Most of the restaurant's produce is grown at the inn's own farm in Virginia. What they don't grow themselves, they find by working with local growers and producers.

Busy Washingtonians often skip breakfast altogether, so a leisurely morning among potted flowers and ivy is a DC novelty. Have a freshly baked muffin with preserves or any one of the lovely fruit plates, including sliced bananas, quartered melons and fresh berries. Don't miss the French toast made with a cinnamon-orange brioche and served with a blended citrus butter. The orange peel flavor mixed with a touch of powdered sugar and pure maple syrup is a decadent wake-me-up.

Lunches and dinners are equally inviting, with seasonal vegetarian and light meat options. The inn also has a substantial wine list.

Tabard Inn, 1739 N St. NW, Washington DC 20036, ☎ 202-785-1277.

Howard University

Howard University is the home of a personal favorite, the tiny **Delights Of The Garden**, featured below.

DELIGHTS OF THE GARDEN, 2616 Georgia Ave., Washington DC, ☎ 202-319-8747. Price: $. Casual vegetarian, 100% meatless, organic produce, vegan options. Hours: Monday through Wednesday, 11am-10pm; Thursday through Saturday, 11am-11:30pm; Sunday, 3pm-10pm.

Without pretense, without hype, and without a whole lot of money, Delights of the Garden is silently and humbly DC's best vegetarian restaurant. While sous chefs at a trendy Dupont Circle establishment search for an exotic, unpronounceable vegetable to throw in their soup du jour, the folks at Delights are sticking their fingers in the bowl and adding a bit more cumin. Hopefully this place will be around awhile.

Using inexpensive grains and clever seasonings, this mostly raw foods, vegan restaurant creates a variety of stuffings and pastes that go well in pita bread or as part of a variety plate. For the full experience, Delights' sampler plate is highly recommended. It comes with kush (a wonderfully spiced grain dish made with whole-wheat bulghur), nutmeat (a tangy, flavorful paste made with sunflower seeds, barbecue sauce and the same whole wheat bulghur), hummus (unusually flavorful with lots of garlic and onions), marinated vegetables, and seaweed. Delights' chefs are always experimenting with desserts. The vegan banana bread – made with bananas, banana chips, sunflower seeds and soaked in a honey tahini – is outstanding.

They've recently added some cooked items to their menu. You can get a standard veggie burger or tofu dog for a reasonable price. Though Delights of the Garden's bright murals invite a leisurely meal, seating is sparse. Feel free to order take-out.

On the Side

Delights of the Garden published the *Washington DC Vegetarian Resource Book* in 1996. Although it's somewhat outdated, the book is well-written and is still an excellent resource for all things vegetarian in the District.

DC Suburbs

Takoma Park & Langley Park

Residents of peaceful Takoma Park, Maryland enjoy a couple of hidden treasures. **Savory** (7071 Carroll Ave., ☎ 301-270-2233) is a bright, modern coffeehouse that serves organic muffins, gourmet sandwiches and vegan desserts. A neighborhood favorite is **Mark's Kitchen** (7006 Carroll Ave., ☎ 301-270-1884) with its diner atmosphere and tofu dishes for local vegetarians.

UDUPI PALACE, 1329 University Blvd. E, Langley Park, MD, ☎ 301-434-1531. Price: $-$$$. Southern Indian, 100% meatless, vegan options. Hours: Monday, 11:30am-3pm and 5pm-9:30pm; Tuesday through Sunday, 11:30am-9:30pm.

When Southern Indian restaurants appeared in DC, they were immediate eye-openers for the vegetarian crowd. Matching the culinary restrictions of many religious South Indians, these restaurants refrained from using all-meat products and eggs. Local vegetarians immediately embraced the Udupi Palace, and it has been catering to a full house ever since.

The Udupi special is the best way to experience the eatery's range of offerings. The meal starts with a small bowl of lentil-based mulligatawny soup followed by vada – fried lentil donuts served with various chutneys. The main course is your choice of dosai or uthappam. Dosai are oversized crêpes made with rice and stuffed with various vegetables. The Mysore masala dosai is a good choice, stuffed with potatoes, onions and hot chutney. Uthappam are thick pancakes made of rice and lentil batter topped with assorted greens. Udupi's vegetable uthappam is crowned with tomatoes, peas, carrots, chilies and onions. For dessert, gulab jamun are pastries rolled into balls and deep-fried, then dipped in rosewater and a light syrup.

The waitstaff is used to accommodating vegans and will point out dairyless items. Other dietary restrictions can be provided for by calling ahead.

Bethesda & Rockville

A number of all-vegetarian restaurants on the outskirts of the District are also worth mentioning. **Thyme Square** (4735 Bethesda Ave., Bethesda, MD, ☎ 301-657-9077) is a natural food restaurant with an international flair.

THE VEGETABLE GARDEN, 11618 Rockville Pike, Rockville, MD, ☎ 301-468-9301; www.thevegetablegarden.com. Price: $$. Chinese, 100% meatless, vegan options, organic produce. Hours: Open daily, 11:30am-10pm.

There aren't many vegan restaurants in suburbia, so the popularity of The Vegetable Garden in Rockville is particularly impressive. Its recipe for success is simple – organic, well-chosen vegetables, perfectly steamed brown rice, and healthy doses of wheat-free, low-sodium tamari in a no-nonsense environment. It doesn't sound sophisticated, and it's not, but The Garden has a loyal following. One taste of an entrée and you'll marvel at just how good vegetarian fare can be.

The Garden's picture menu is helpful, if not tacky. The menu cleverly marks entrées that are either spicy, macrobiotic, or that use organic vegetables. They also note items that have been recommended by nearby Suburban Hospital as "heart healthy." Double delight is organic shiitake mushrooms and string beans in a sauce made of signature tamari, chili paste and a touch of sugar. A bowl of brown rice is served on the side. Macrobiotic diners will enjoy the garden pan – tofu skins, lotus root, kelp, Napa cabbage, cauliflower, seitan, tempeh, shiitake mushrooms and carrots. Also interesting are the black pearl rolls – wild rice, tofu, soy protein, snap peas, broccoli and dried cranberries.

Save room for dessert because the restaurant offers a surprisingly good one. The key lime pie tastes authentic but, amazingly, it's made with tofu.

The Vegetable Garden's Web site (www.thevegetablegarden.com) includes the restaurant's philosophy, menu, and a list of common ingredients. You'll also find a schedule of special cooking classes run by the head chef.

Herndon

On the Virginia side of the Potomac, just outside of Arlington, **Vegetaria** (2465-J Centerville Rd., Herndon, VA, ☎ 703-713-0442) serves Buddhist-style faux meat dishes made with soy protein and wheat gluten.

DC Area Natural Foods Markets

Bethesda Co-op
6500 Seven Locks Rd., Cabin John, MD
☎ 301-320-2530

Better Way Health Foods
658 Pennsylvania Ave. SE, Washington DC
☎ 202-546-6035

Fresh Fields
2323 Wisconsin Ave. NW, Washington DC
☎ 202-333-5393

Fresh Fields
4530 40th St. NW, Washington DC
☎ 202-237-5800

Fresh Fields
2700 Wilson Blvd., Arlington, VA
☎ 703-527-6596

Fresh Fields
5269 River Rd., Bethesda, MD
☎ 301-984-4860

Fresh Fields
6548 Little River Tpke., Alexandria, VA
☎ 703-914-0040

Fresh Fields
6015 Executive Blvd., Rockville, MD
☎ 301-984-3737

Fresh Fields
1649 Rockville Pike, Rockville, MD
☎ 301-984-4880

Fresh Fields
8402 Old Keene Mill Rd., Springfield, VA
☎ 703-644-2500

Good Food Store
2104 18th St. NW, Washington DC
☎ 202-628-8725

Good Health Natural Foods
325 Pennsylvania Ave. SE, Washington DC
☎ 202-543-2266

Greenhouse at Washington National
Massachusetts & Wisconsin, Wash. DC
☎ 202-537-6263

Naturally Yours
2029 P St. NW, Washington DC
☎ 202-429-1718

Secrets of Nature Health Food
3923 S. Capitol St. SW, Washington DC
☎ 202-562-0041

Senbeb Natural Food Store
5924 Georgia Ave. NW, Washington DC
☎ 202-723-5566

Takoma Park/Silver Springs Co-op
623 Sligo Ave., Silver Spring, MD
☎ 301-588-6093

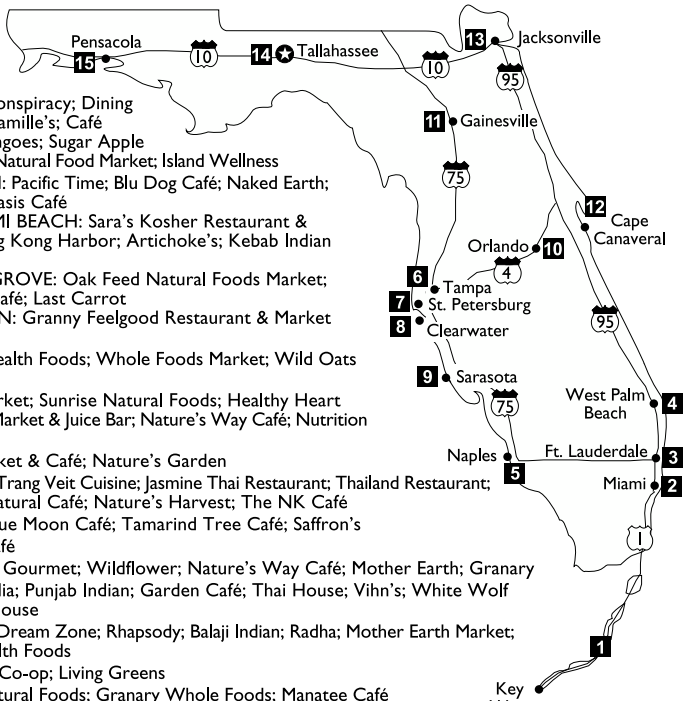
Uncommon Market
1041 S. Edgewood St., Arlington, VA
☎ 703-521-2667

Yes Natural Gourmet
1825 Columbia Rd. NW, Washington DC
☎ 202-462-5150

Yes Natural Gourmet
3425 Connecticut Ave. NW, Wash. DC
☎ 202-363-1559

The Southeast

Florida



1. Good Food Conspiracy; Dining In The Raw; Camille's; Café Marquesa; Mangoes; Sugar Apple Natural Food; Natural Food Market; Island Wellness
2. MIAMI BEACH: Pacific Time; Blu Dog Café; Naked Earth; News Café; Oasis Café
   NORTH MIAMI BEACH: Sara's Kosher Restaurant & Catering; Hong Kong Harbor; Artichoke's; Kebab Indian Restaurant
   COCONUT GROVE: Oak Feed Natural Foods Market; Greenstreet Café; Last Carrot
   DOWNTOWN: Granny Feelgood Restaurant & Market Place
3. Nature Boy Health Foods; Whole Foods Market; Wild Oats Market
4. Wild Oats Market; Sunrise Natural Foods; Healthy Heart Natural Food Market & Juice Bar; Nature's Way Café; Nutrition World
5. Sunsplash Market & Café; Nature's Garden
6. Dong Phuong; Trang Veit Cuisine; Jasmine Thai Restaurant; Thailand Restaurant; Bertha's All Natural Café; Nature's Harvest; The NK Café
7. Ambrosia's; Blue Moon Café; Tamarind Tree Café; Saffron's
8. Bunny Hop Café
9. Mim's Healthy Gourmet; Wildflower; Nature's Way Café; Mother Earth; Granary
10. Passage To India; Punjab Indian; Garden Café; Thai House; Vihn's; White Wolf Café; Power House
11. Café@Books; Dream Zone; Rhapsody; Balaji Indian; Radha; Mother Earth Market; Sunflower Health Foods
12. Sunseed Food Co-op; Living Greens
13. Native Sun Natural Foods; Granary Whole Foods; Manatee Café
14. Honeytree Natural Foods; New Leaf Market; Organic Living Market & Restaurant
15. Ever'man Natural Foods Cooperative Grocery

Vegetarians and organic food lovers will find a safe haven in Florida. The older population tends to be health-conscious and is driving a booming natural and organic foods business. What's more, Florida's huge tourist industry brings in a fair number of Europeans who clamor for non-chemically treated foods.

Florida Keys

A paradise for divers and snorkelers and a place to kick back for everybody else, the Keys are a popular destination for just about anybody seeking some sun. The first place to fill your cooler on the Overseas Highway is at **Good Food Conspiracy** (US 1, Mile Marker 30.2, Big Pine Key, ☎ 305-872-3945), a funky little natural food store.

The end of the road and America's southernmost point is the laid-back town of Key West. Anything goes at this tourist destination, and you'll find a number of great dining opportunities. Purists should head right for **Dining In The Raw** (800 Olivia St., ☎ 305-295-2600). Their all-vegan, raw foods are perfect for take-out. For breakfast, **Camille's** (703 Duval St., ☎ 305-296-0867) is simply *the* place to go in town. **Café Marquesa** (600 Fleming St., ☎ 305-292-1244) is a small café serving gourmet New American at moderate prices with plenty of vegetarian options. And at **Mangoes** (700 Duval St., ☎ 305-292-4606), eat Caribbean food under huge umbrellas on an outdoor patio.

Key West has three locations for picking up grub to go. **Sugar Apple Natural Food** (917 Simonton St., ☎ 305-292-0043) has the largest selection and a nice juice bar. You can also get supplies at the **Natural Food Market** (107 Simonton St., ☎ 305-296-3800) or at **Island Wellness** (530 Simonton St., ☎ 305-296-7353).

Miami

Miami Beach

South Beach in Miami Beach is the best place in Florida to find good plant-based foods. Four eateries in the area are featured below. You'll find other options on Ocean Drive, too, where rows of art-deco hotels and first-floor restaurants run up and down the South Beach catwalk. The liberal, international crowd has driven most eateries to place a vegetarian section on their menu. Check the boards outside and head into any place that strikes your fancy. For upscale Asian, try **Pacific Time** (915 Lincoln Rd., ☎ 305-534-5979), is also just a few blocks of the beach.

Featured Restaurant RATING

BLU DOG CAFE, 412 Espanola Way, Miami Beach, ☎ 305-534-9495. Price: $. Café, organic produce. Hours: Tuesday through Sunday, 8am-11pm.

On a Mediterranean-style side street in South Beach right next to the popular Clay Street International Youth Hostel is a pleasant outdoor café called the Blu Dog. With a gaggle of travelers nearby, this is a great place to meet some folks and share road stories. Feel free to visit alone.

Hang out under large umbrellas for breakfast before the weather gets hot. Recommended from the Blu Dog's morning menu is the organic house-made granola with yogurt, the fresh fruit salad and any of their "out-of-the-oven" muffins. For that sweet-tooth, try the multigrain French toast or the cornmeal buttermilk pancakes.

The light fare on the Blu Dog's afternoon menu goes perfectly with Florida's late-day humidity. Ask the server what's in the day's seasonal vegetables and grains plate and enjoy with the miso ginger dressing.

NAKED EARTH, 901 Pennsylvania Ave. #2, Miami Beach, ☎ 305-531-2171. Price: $-$$. Vegetarian café, organic produce, 100% meatless, vegan options. Hours: Monday through Friday, noon-11pm; Saturday, noon-midnight; Sunday brunch (call for times).

Naked Earth is the sort of place that gets overlooked because of its casual nature. It's hard for a strict vegan restaurant to convince the public that animal-free cuisine can be tasty as well as politically correct. A taste of some of their sandwiches and desserts, though, could create some converts.

A coffeehouse setting with cheery walls and oddly shaped tables, Naked Earth serves complex food in a simple setting. For lunch, try their no-tuna sandwich – tofu, celery, onion, sesame seed, seaweed, and a mix of herbs and spices on your choice of bread. Someone's finally invented a well-textured tuna sandwich that doesn't taste fishy! Another sandwich option is the sun-dried tomato hummus. Sandwiches are served with sprouts, lettuce, tomatoes and a side of homemade cole slaw made with red cabbage and tofu mayonnaise. They also offer a daily soup and salad special. On my visit, the lasagna looked excellent – layered seitan and tofu ricotta with peppers and mushrooms.

Naked Earth serves beer and wine and has an outdoor patio, which is great for killing time and enjoying some sunshine. If you're in South Beach, make the trip here. You'll be glad you did.

NEWS CAFE, 800 Ocean Dr., Miami Beach, ☎ 305-538-6397. Price: $-$$. Café. Hours: Open daily, 24 hours.

Right on the main strip in the international playground of Miami's South Beach, the News Café might be the best people-watching spot in Miami. It's also open 24 hours, so if you're a night owl whose been clubbing all night or an early bird who wants to catch a warm, East Coast sunrise, you'll find the News Café happy to accommodate you. First head to the international newsstand next door to pick up a magazine or newspaper before taking your seat. Then listen in on the cacophony of languages being spoken around you.

Breakfast is served 24 hours and includes a number of granolas and fruit plates. The eggs Florentine – poached eggs and spinach on an English muffin covered with a creamy hollandaise sauce – is rich and inviting. Simple salads are a specialty here and the vinaigrette is excellent. Try the spinach salad with goat cheese and pecans or the Greek salad with tofu.

Vegetarian fare on the dinner menu is rather bare, although there are some choice appetizers. The spinach-artichoke dip is simple but tasty. Your best bet for an entrée is the pasta with portobello mushrooms, artichoke, spinach and roasted red peppers.

OASIS CAFE, 976 41st St., Miami Beach, ☎ 305-674-7676. Price: $$. Mediterranean, vegan options. Hours: Monday through Thursday, 11am-10pm; Friday and Saturday, 11am-11pm; Sunday, 5pm-10pm.

The whole point of the Oasis Café is the spicy coriander-cumin fries. This isn't to say that the rest of the food isn't good, but the fries are what fill the place up with regulars night after night. After tasting Oasis' Far Eastern version of the infamous spud, you'll never be tempted by a McDonald's french fry again.

Start your meal with a couple of "mezze," or little plates. The sesame-grilled tofu has an excellent flavor – grilled and slightly blackened with sesame seeds, a touch of sesame oil and pineapple. You can also get the same sesame-grilled tofu on a sandwich at lunchtime. It's served with veggies and carrot miso on pita bread. The brown rice with raisins is another simple mezze. And don't forget the fries! For an entrée, try the penne with spinach, tomatoes, feta cheese, olives and walnuts. Also check the board for the daily special; it's usually vegan. Lunch at the Oasis is also recommended. Choose from a large list of sandwiches and salads.

The atmosphere of the Oasis Café is warm if slightly outdated, and the service is very friendly. It's a great place for date night.

North Miami Beach, North Miami & Aventura

North Miami is home to a good number of retirees concerned with healthy living. Besides the three restaurants listed below, you may also want to check out **Sara's Kosher Restaurant & Catering** (2214 NE 123rd St., North Miami, ☎ 305-891-7272), and on the beach at (1127 NE 163rd St., North Miami Beach, ☎ 305-948-7777). Their pizza has a good reputation. If you have a craving for Chinese, **Hong Kong Harbor** (17053 W. Dixie Hwy., North Miami Beach, ☎ 305-949-8617) is the locally recommended spot. For natural food groceries a bit farther north in Aventura, you'll find **Whole Foods** (21105 Biscayne Blvd., ☎ 305-933-1543).

ARTICHOKE'S, 3055 NE 163rd St., North Miami Beach, ☎ 305-945-7576. Price: $$. Natural foods. Hours: Monday through Thursday, 5:30pm-10pm; Friday and Saturday, 5:30pm-10:30pm; and Sunday 5:00pm-9:30pm.

No trip down the Artichoke Trail would be complete without a trip to Artichoke's in out-of-the-way North Miami Beach. A homey, down-to-earth place with ethereal music and a water fountain, Artichoke's has a new-age feel without being way-out-there. Model airplanes hanging from the ceiling and quotes taped under the glass tabletops make for great conversation pieces. You can count on the service to make you feel like you're eating in your own living room, which is a nice change if you've spent any time in highbrow South Beach.

Artichoke's signature dish is, of course, their whole stuffed artichoke. The artichoke is steamed then stuffed with breadcrumbs, spinach, roasted red peppers and peas. A wonderful honey Dijon mustard dipping sauce is served on the side. On the entrée list is the tempeh or tofu delight, a macrobiotic dish of broccoli, cauliflower, carrots, shiitake mushrooms and dulce served over rice. Also inviting is the garlic-broccoli ziti, a simple pasta dish flavored with garlic and olive oil.

Artichoke's also has three daily vegetarian specials. Call ahead to see what's on the board for the day.

KEBAB INDIAN RESTAURANT, 514 NE 167th St., North Miami, ☎ 305-940-6309. Price: $$. Indian. Hours: Tuesday through Sunday, 11:30am-10pm.

Since every restaurant reviewer in this city has been to this off-the-beaten-path, family-run Indian restaurant in a lonely strip mall in North Miami, I thought I'd better too. I wasn't disappointed, but the minute I whipped out a pen these folks knew exactly what I was up to.

Vegetarians with an empty stomach should head straight for the multi-course vegetable dinner served in thali. Choose your level of spiciness (I highly recommend the "hot"). You'll start with the mulligatawny soup (a thick vegetable puree) and a glass of sweet lassi (a thick yogurt drink). Don't eat too much, because soon you'll be faced with more dishes than will fit on your table. The thali consists of the following: bhujia – onions, green peppers, potatoes and spinach deep-fried; samosas – crisp fritters made with potatoes and peas; matar paneer – homemade cheese and peas curried and spiced with masala; and aloo pakora – potatoes and garbanzo beans in a thick sauce. The meal is filled out with papadam (an Indian cracker), chapati (thin, roasted bread), a mixed vegetable curry, raita (yogurt and cucumber used for dipping), onion chutney, and a plate full of rice. Once you've polished off all that, there's dessert – gulab jamun (round deep-fried pastries covered with honey and rosewater). I've never been to an Indian restaurant that didn't stuff me senseless.

As a side note, Kebab uses more onions than you would ever imagine eating in one sitting. Don't forget your breath mints.

Coconut Grove

One of Miami's up-and-coming neighborhoods, Coconut Grove, holds a number of treasures for the vegetarian. The **Oak Feed Natural Foods Market** (2911 Grand Ave., ☎ 305-448-7595) has some great vegan deli items. Also be sure to attend the farmers' market on Saturday. For café fare **Greenstreet Café** (3110 Commodore Plaza, ☎ 305-567-0662) is excellent, as is the **Last Carrot** (3133 Grand Ave., ☎ 305-445-0805), known for its smoothies and sandwiches.

Downtown

Miami's downtown doesn't have much to offer the tourist, but vegetarian business travelers will appreciate **Granny Feelgood Restaurant & Market Place**. There are two locations open for breakfast and lunch, (25 W. Flagler St., ☎ 305-377-9600) and at the Metrofaire Shopping Center (111 NW 1st St., ☎ 305-579-2104).

Little Havana

One of the more popular stops for visitors is Miami's Little Havana district. Cubans are typically a carnivorous bunch, so there isn't much in the way of healthy din-

ing, but you should be able to find a few light dishes to appease your appetite at one of the fun tapas bars along Calle Ocho.

Miami Area Natural Foods Markets

Apple A Day Natural Food Market
1534 Alton Rd., Miami Beach
☎ 305-538-4569

Delights of Nature
17608 Collins Ave., Miami
☎ 305-682-0001

The Honey Tree
5138 Biscayne Blvd., Miami
☎ 305-759-1696

Life Natural Foods
12501 NE 8th Ave., North Miami
☎ 305-891-5808

Natural Food Market
9455 S. Dixie Hwy., Miami
☎ 305-666-3514

Natural Food Market
1011 5th St., Miami Beach
☎ 305-535-9050

Oak Feed Natural Food Market
2911 Grand Ave., Miami
☎ 305-448-7595

Wild Oats Market
1020 Alton Rd., Miami Beach
☎ 305-532-1707

Wild Oats Market
11701 S. Dixie Hwy., Miami
☎ 305-971-0900

Ft. Lauderdale

Just a hop, skip and jump north of Miami is the popular spring break destination of Ft. Lauderdale. There are some great places here to pick up picnic items for spending the day on the sand. Both **Nature Boy Health Foods** (220 E. Commercial Blvd., ☎ 954-776-4696) and **Whole Foods Market** (2388 N. Federal Highway, ☎ 954-565-7423) are near the beach. Or pick up food supplies at **Wild Oats Market** (2501 E. Sunrise Blvd., ☎ 954-566-9333).

The Palm Beaches

Heading north from Miami and Ft. Lauderdale, you'll find a number of quieter, more scenic beach towns to visit. In Boca Raton, there's the **Wild Oats Market** (2200 W. Glades Rd., ☎ 407-392-5100), as well as the less commercial **Sunrise Natural Foods** (233 Royal Poinciana Way, Palm Beach, ☎ 407-655-3557).

Farther north along US Hwy. 1, you'll find the **Healthy Heart Natural Food Market & Juice Bar** (835 Donald Ross Rd. at US 1 in Plaza LaMer, Juno Beach, ☎ 561-622-4104) It has a restaurant area, organic fruits and veggies, as well fresh-baked goods. Up this way there's also the healthy-for-you sandwich shop called **Nature's Way Café** (US 1 at Indiantown Rd., Jupiter, ☎ 561-743-0401). Nature's Way has other locations along this Palm Beach/Treasure Coast stretch, including Lake Worth, West Palm Beach, North Palm Beach, Stuart and Vero Beach, and on the Gulf Coast in Sarasota. At the local **Nutrition World** market (2568 PGA Blvd., Palm

Beach Gardens, ☎ 561-626-4377), stock up on your favorite organic produce and other goodies seven days a week, 9am-9pm.

Naples

On the west coast, Naples is the last town south before heading east to the Everglades. A couple of good stopping points are **Sunsplash Market & Café** (850 Neapolitan Way, ☎ 813-434-7221), which has a salad bar with plenty of organic produce and vegan options, and **Nature's Garden** (2089 Tamiami Trail, ☎ 941-261-7838) which lies smack-dab on the road out of town.

Tampa Bay Area

If your first impression of the Tampa Bay area is that it's a transportation nightmare, you're not alone. Most of Tampa's byways are half freeway, half boulevard. The end result is that, despite the 45 mph speed limits, locals drive about 60 and tourists hit the same confusing streets at 30.

None of my featured restaurants are compelling enough to drive yourself silly trying to get to, so find a quality restaurant nearby wherever you are. Your best bet for finding a good restaurant in the Tampa area is to pick up a copy of the free ***Weekly Planet*** at a coffee shop or natural foods store and find something close by. I found their recommendations right on the mark.

Tampa

In Tampa you'll find several Asian restaurants worth a visit. **Dong Phuong** (3640 Henderson Blvd., ☎ 813-874-2919) is the locals' choice. The tiny joint serves Vietnamese noodle dishes at reasonable prices. **Trang Veit Cuisine** (1524 E. Fowler Ave., ☎ 813-979-1464) is another Vietnamese restaurant, but with a twist. Trang's daily specials feature dishes alive with homegrown herbs. **Jasmine Thai Restaurant** (13248 N. Dale Mabry, ☎ 813-968-1501), just off I-275, is a spice-lover's dream. Lemon grass and jasmine are served in abundant quantities in their creative entrées. South of Tampa, also just off I-275, is **Thailand Restaurant** (5252 S. Dale Mabry, ☎ 813-837-1793). Careful, though – Thailand is well known for their liberal Thai chili usage. For a less spicy experience, **Bertha's All Natural Café** (3802 Neptune Way, ☎ 813-251-3547) serves up mild American fare.

Nature's Harvest (1021 N. MacDill Ave., ☎ 813-873-7428) is a great place to pick up organic produce. The bakery in the back is excellent (try the poppy seed muffins). If you're in town for a while, free vegetarian cooking classes are offered here on Wednesdays and Thursdays.

THE NK CAFE, 4100 W. Kennedy Blvd., Tampa, ☎ 813-287-1385. Price: $$. Natural foods, organic produce. Hours: Lunch, Monday through Friday, 11am-2:30pm; Dinner, Tuesday through Friday, 6pm-9pm.

One of the few long-time vegetarian restaurant survivors, The NK Café (NK is short for Natural Kitchen) has made it by changing with the times. Once a strict vegetarian restaurant, the café has switched to an organic foods focus in recent years. The kitchen staff is careful to use chemical-free and non-processed foods. Meat items are from ranchers using cruelty-free tactics (free-range chickens, no BGH in beef).

If you're stopping in for just a bit, order a smoothie. Although you can find them on every corner of Tampa, NK's smoothies are made from various organic fruits and vegetables. Lunches appear to be a typical soup-and-salad affair. The freshness of the ingredients, though, makes NK's light fare out of the ordinary. The Greek salad – spinach, red onions, Greek olives and feta – is a personal favorite.

Dinners have more pizzazz. The vegetable cashew sauté – still-crispy broccoli, snow peas, shiitake mushrooms, bean sprouts and cashews in a light sauce – is excellent. Being so close to the sea, it's hard to pass up the Thai shrimp. Non-vegetarians will appreciate fresh shrimp with red peppers and scallions in a coconut sauce.

St. Petersburg

A few options for St. Petersburg are listed below, but if you've got some cash, head to **Ambrosia's** (201 7th Ave., ☎ 727-898-5194) for New American cuisine near downtown St. Pete's. Ambrosia's is perfect for a romantic dinner on a warm Florida evening.

BLUE MOON CAFE, 27 4th St. N, St. Petersburg, ☎ 727-895-1493. Price: $. Hours: Monday through Friday 7am-3pm.

If you've made the trip to downtown St. Petersburg to visit the Salvador Dali Museum, be sure to stop in this little diner for a quick bite. The surreal interior is the perfect conclusion to a day spent with Dali. Sketches of James Dean, Marilyn Monroe and Charlie Chaplin purchased from a none-too-talented street artist, black-and-white checkered floors that clash badly with baby blue walls, and a repetitious '40s soundtrack all make for an entertaining, if somewhat disconcerting experience.

Blue Moon's setting aside, the café pumps out some great lunch items. The Blue Moon Salad is surprisingly creative – feta cheese, apples, sprouts, cashews, dried bananas and apricots over fresh greens. Another popular salad choice is the spinach salad – sprouts, mandarin oranges, red onions and walnuts over carefully de-veined spinach leaves. If you'd like something heartier, try the portobello mushroom sandwich – a large mushroom laid over spinach and tomatoes, topped with melted provolone cheese and an aioli sauce and served on an onion roll.

Blue Moon Café just opened for breakfast. Breakfasts are inexpensive but not so impressive as the items on their lunch menu.

TAMARIND TREE CAFE, 537 Central Ave., St. Petersburg, ☎ 727-898-2115. Price: $. Café. Hours: Monday through Saturday, 11am-4pm.

A tiny place with the works of local artists on the walls, Tamarind Tree Café offers tasty noontime meals for non-carnivores.

Lunches like your mom used to make include a hearty vegetarian lasagna and a thick vegetarian chili. You'll wonder how they made them so filling without the meat. Sandwiches, soups, salads and garden burgers fill out the menu. Try the daily special if you get the chance; it's usually excellent.

If you're in town at the right time, be sure to come in for the special vegetarian dinner served once a month. With advance notice your meal can be made vegan as well. Bring cash to the Tamarind Tree Café; no credit cards are accepted.

SAFFRON'S, 1700 Park St. N, St. Petersburg, ☎ 727-345-6400. Price: $$. Jamaican. Hours: Open daily, 11am-10pm.

Edith James, the owner of Saffron's, embodies the whole spirit of this Jamaican restaurant – somewhat old-fashioned, but hard-working and good. Located in a historic building in a residential neighborhood, the buzz of cicadas and the cawing of mockingbirds will make you feel like you're in the tropics before you walk in the door. Upon entry, a forest of tropical plants and the candlelight that greets you adds to that feeling.

Start with a pitcher of Caribbean iced tea made from boiled ginger root, brown sugar, cinnamon, cloves and lemon juice. The brew will startle your senses. For an entrée you'll want to head straight for the vegetable baskets consisting largely of vegetables produced right there in the Edith's garden. Choose from six different styles – sautéed curry, stir-fried, sweet and sour, steamed, creole, or jerked. The jerked vegetables feature Saffron's unique jerk sauce made with garlic, onion, scotch bonnet peppers, cilantro and "island spices" (I suspect a touch of BBQ sauce as well). Though heavy, this added a sweet and decidedly Jamaican flavor to my veggies. Also recommended are the stir-fried vegetables that are sautéed in a soy-ginger sauce. Served with your entrée are Jamaican rice, plantains and johnnycakes. The Jamaican rice – rice with pinto beans – was a bit dry. The johnnycakes, however, were a real treat. Round, fried balls similar to hush puppies, but made with corn and a touch of sugar instead.

Strict vegetarians: Be aware that there are a lot of meat items on the menu. I also thought the prices a little high.

Clearwater

Clearwater is the home of cheap hotels, crab shacks and hundreds of juice bars. Pick up a smoothie on just about every corner in the beach area. There's also the **Bunny Hop Café**, featured below.

BUNNY HOP CAFE, 1225 Cleveland St., Clearwater, ☎ 727-443-6703. Price: $. Café, organic produce, vegan options. Hours: Monday through Saturday, 11am-8pm.

Although Bunny Hop Café isn't exactly hopping, it is a good place to pick up a fresh sandwich or salad on the run. Located in the back of the Nature's Food Patch natural food store just out of downtown Clearwater, the Bunny Hop offers counter service to its patrons in a rather nondescript dining area (although I did appreciate the local artwork on the walls).

Check the board at the front of the café for the specials. Four types of soup – some vegan – and an entrée are offered daily. Seitan fajitas were the feature on my visit. Hummus, BBQ seitan, tofu "egg" salad, blackened tofu, avocado, and all kinds of veggies are among the many choices on the make-your-own-sandwich list. The blackened tofu with soy mozzarella and lots of veggies was my favorite. Bunny Hop also has a well-stocked salad bar – pay by the pound or pay $6.95 for all you can eat.

Make sure you save room for dessert. Bunny Hop Café has great dessert options with many choices for vegans. Take one home if you feel odd eating in the back of a grocery store. If you're avoiding sweets, get a smoothie instead – lots of fruits and vegetables are offered in another of Bunny Hop's do-it-yourself jobs.

Tampa Area Natural Foods Markets

Nature's Finest Foods
6651 Central Ave., St. Petersburg
☎ 813-347-5682

Nature's Food Patch
1225 Cleveland St., Clearwater
☎ 813-443-6703

Nature's Harvest Market & Deli
1021 MacDill Ave. N, Tampa, FL
☎ 813-873-7428

Pioneer Natural Foods
12788 Indian Rocks Rd., Largo, FL
☎ 813-596-6600

Rollin' Oats Market & Café
2842 9th St. N, St. Petersburg, FL
☎ 813-821-6825

Sarasota

The southern west coast is often the forgotten side of Florida. Once you've visited one of its pristine beaches or spent some time in one of its hidden little enclaves, you'll want to keep it a secret too.

South of the Tampa area is the surprising city of Sarasota, home of the Ringling Brothers estate. After making a fortune with their roaming circus they moved to Sarasota. Huge fans of the arts, they created a number of art museums in town alongside a stupendous circus museum. Feeding on the town's creative bent, locals tend to eat healthfully. A Florida favorite is **Mim's Healthy Gourmet** (301 Pineapple Ave. S., ☎ 941-364-8561). One-hundred percent vegetarian, organic-minded and reasonably priced, Mim's is a must-go if you're nearby. Near the beach, **Wildflower** (5218 Ocean Blvd., ☎ 813-349-1758) is popular with the macrobiotic crowd. A little place with good salads is **Nature's Way Café** (1572 Main St., ☎ 941-954-3131). Health food stores in Sarasota include **Mother Earth** (1279 Beneva Rd. S., ☎ 941-

365-3700) and two locations of the **Granary** (1930 Stickney Point Rd., ☎ 941-924-4754; and 8421 N. Tamiami Trail, ☎ 941-351-4671).

Orlando & Central Florida

With the commercialism that surrounds Disney World, Orlando is as restaurant-happy as cities come. Unfortunately, every chain restaurant known to man will scream at you with glowing neon, and choices for vegetarians usually revolve around a few sad entrées. A couple of options for you near the park are two Indian restaurants with extensive veggie listings – **Passage To India** (5532 International Dr., ☎ 407-351-3456) and **Punjab Indian** (7451 International Dr., ☎ 407-352-7887).

If you're picky, though, and want an authentic experience in Orlando, make the trip downtown to **Garden Café** featured below. It's well worth it.

Other options around town are the **Thai House** (2101 E. Colonial Dr., ☎ 407-828-0820); **Vihn's** (1231 E. Colonial Dr., ☎ 407-894-5007) for Vietnamese; and the **White Wolf Café** (1829 N. Orange Ave., ☎ 407-895-5590) for New American. Up in Winter Park, **Power House** (111 E. Lyman Ave., ☎ 407-645-3616) serves awesome juices.

GARDEN CAFE, 810 W. Colonial Dr., Orlando, ☎ 407-999-9799. Price: $$. Chinese, 100% meatless, vegan options. Hours: Tuesday through Friday, 11am-10pm; Saturday and Sunday, noon-10pm.

Staring down a tofu duck or a tempeh squid often presents a dilemma for vegetarians. Do you want to eat something that looks and tastes like the real thing but isn't? I wasn't sure myself when I first stepped into Garden Café, but I soon became a convert.

Located near downtown among run-down hotels and dark burger joints, Garden Café immediately stands out. The place is decorated brightly. Fresh flowers sit in windows etched with Chinese characters and modern lighting hangs over simple tables. You're definitely not at the Burger King next door.

A meal at Garden Café starts innocently enough: a bowl of Chinese crackers and a saucer of a homemade sweet and sour sauce. However, things change a bit when you're faced with a Noah's Ark of meat options – squid, eel, frog legs, abalone, goose, duck, lamb, chicken, pork, beef, to name a few. Not sure where to turn, I asked the waiter for a suggestion and was pointed toward the satay lamb. It turned out to be an excellent choice. Made with mushroom stems, the "lamb" was textured like the real thing, but not meaty enough to make me wonder. The fresh veggies and sauce, though, really made the dish. Pineapples and chunks of ginger, along with water chestnuts, celery, button mushrooms, red peppers and snap peas were served in a sweet broth. The lack of heavy oils was a refreshing twist.

You can tell that the head chef and manager, David Chen, has studied in the West for a while. The stuffed bell pepper – a pepper stuffed with water chestnuts, mushrooms, carrots and tofu – is an example of the nice crossover between East and West. There are a number of other non-traditional Chinese entrées as well.

Garden Café accomplishes its mission statement: "Forgo the meat without giving up the taste." Drive out of your way for this one.

Orlando Area Natural Foods Markets

Chamberlin's Market and Café
Winter Park Mall
430 N. Orlando Ave., Winter Park
☎ 407-647-6661

Chamberlin's Market and Café
Gooding's Plaza
1086 Montgomery Rd., Altamonte Springs
☎ 407-774-8866

Chamberlin's Market and Café
The Market Place Shopping Center
7600 Dr. Phillips Blvd., Orlando
☎ 407-352-2130

Chamberlin's Market and Café
Herndon Village Shoppes
4960 E. Colonial Dr., Orlando
☎ 407-894-8452

Chamberlin's Market and Café
Lake Howell Square
1271 Semoran Blvd., Orlando
☎ 407-678-3100

Whole Foods
1989 Aloma Ave., Winter Park
☎ 407-673-8788

Gainesville

Though Orlando is your most likely destination in Central Florida, vegetarians will find happier grazing grounds in the city of Gainesville. With 40,000 high-minded collegiates attending the University of Florida, there's plenty of earth-consciousness to go around. A tour starts at **Café@Books** (505 NW 13th St., ☎ 352-374-4717), which serves soups, salads and bakery items inside the Books, Inc. used bookstore. The **Dream Zone** (4000 Newberry Rd., ☎ 352-372-5777) serves similar food to the Café@Books with a focus on using organic vegetables and whole grains. **Rhapsody** (12 NW 13th St., ☎ 352-377-8344) brags about having the "best salads ever" and recommends their tofu spinach lasagna to newcomers. For Indian, try the lunch buffet at **Balaji Indian** (2106 SW 34th St., ☎ 352-378-2955), or **Radha** (125 NW 23rd Ave., ☎ 352-377-8344).

Mother Earth Market (521 NW 13th St., ☎ 352-378-5224) has a good selection of organic produce. They also have a location in the northwestern part of town (1237 NW 76th Blvd., ☎ 352-331-5224) and in Ocala (1917 E. Silver Springs Blvd., ☎ 352-351-5224). Another possibility is **Sunflower Health Foods** (87 SW 34th St., ☎ 352-372-7482).

Cape Canaveral

Be sure to pack your cooler before heading off to visit the Kennedy Space Center in Cape Canaveral; otherwise, you'll be stuck with $8 hot dogs and hamburgers. If you're traveling from Orlando, pick something up there. Otherwise you can shop locally at **Sunseed Food Co-op** (6615 N. Atlantic Ave., ☎ 784.0930). Also out this way is **Living Greens** (205 Merritt Island, ☎ 407-454-2268) specializing in "living" food with sprouts, wheatgrass and edible flowers to go. At the Space Center, unpack your lunch at the park's picnic area, aptly named the Lunch Pad.

Jacksonville & Environs

You won't find much in the way of vegetarian restaurants in Jacksonville, but you can check local listings for ethnic food spots. There are, however, some natural and organic food stores. Try **Native Sun Natural Foods** (10000 San Jose Blvd., ☎ 904-260-6950), which has a good selection of organic foods. Or farther south in Orange Park, **Granary Whole Foods** (1738 Kingsley Ave., ☎ 904-269-7222) is another option.

Along the beach in St. Augustine is a wonderful café that donates a portion of their profits to save the endangered manatee. It's appropriately named the **Manatee Café** (179A San Marco Ave., St. Augustine, ☎ 904-826-0210).

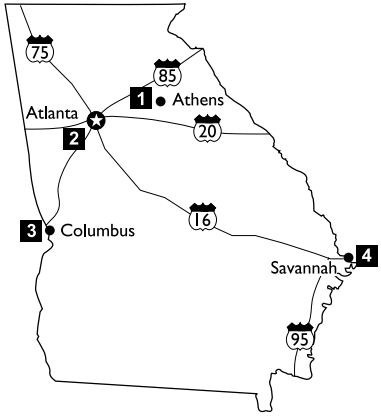
The Panhandle

Florida's Panhandle has more in common with the South than the rest of Florida. You'll still find a good deal of health-consciousness here, though, especially in Tallahassee, Florida's capital. A number of natural food stores in Tallahassee are worthy of mention. **Honeytree Natural Foods** (1660 N. Monroe St., ☎ 850-681-2000) carries natural food items and they serve a vegetarian lunch. **New Leaf Market** (1235 Apalachee Pkwy., ☎ 850-942-2557) also doubles as a grocery store and restaurant. Meanwhile, the **Organic Living Market & Restaurant** (123 E. 5th Ave., ☎ 850-222-7171) specializes in raw foods.

In Pensacola, you'll find that **Pensacola Ever'man Natural Foods Cooperative Grocery** (1200 N. 9th Ave., ☎ 850-438-0402) is a good place to stop for fresh produce before hitting the Gulf Shore beaches.

Georgia

Georgia has proudly touted itself as the heart of the "New South," and although this isn't California, people used to the South's conservative reputation will be surprised at the open-mindedness of the majority of the state's residents. In Atlanta and the nearby college town of Athens, plenty of opportunities exist for good vegetarian dining. Things get a little tougher in other regions of the state, but you'll find plenty of roadside stands selling fresh produce along major highways and in local supermarkets.



1. The Grit; Bluebird; The Grill; Mellow Mushroom; Gyro Wrap; Khun Al Thai Restaurant; Planet Smoothie; Last Resort Grill
2. BUCKHEAD: Veggieland Restaurant; Café Sunflower; R Thomas Deluxe Grill
   MIDTOWN: Eats; Raging Burrito
   LITTLE 5 POINTS: The Flying Biscuit Café; Sevananda
   SANDY SPRINGS: Café Sunflower
   DRUID HILLS: Broadway Café; Thai Chili; Whole Foods
   DECATUR: Crescent Moon; Sweet Melissa's; Woodland Vegetarian Restaurant; Rainbow Grocery
   WEST ATLANTA: Soul Vegetarian
3. Country Life Vegetarian Restaurant & Health Food Store
4. Elizabeth's On Thirtyseventh; Brighter Day Natural Foods

Athens

Although Athens is known primarily as a college town, it's the locals who have made it earth-friendly. The red brick buildings of the once-commercial downtown have been converted into lively cafés and bars. Students linger on their outdoor patios and enjoy the balmy Georgian weather. Other than the small downtown and the campus, the rest of Athens is hidden in a forest of ancient trees. It's peaceful – just the way the locals like it.

Most of the cafés and restaurants downtown are vegetarian-friendly. All are within walking distance. Besides **The Grit** and **Bluebird Café**, featured below, here are some of the standouts. **The Grill** (171 College, ☎ 706-543-4770) is open 24-hours and has a separate vegetarian section on their menu with several versions of veggie burgers and tofu dogs. A word of caution: they don't use a separate grill for the vegetarian items.

Mellow Mushroom (235 E. Broad St., ☎ 706-613-0892; and 1661 S. Lumpkin St., ☎ 706-613-0555), has a couple of killer vegetarian pizzas. Check out the psychedelics inside their stores. **Gyro Wrap** (175 E. Broad St., ☎ 706-543-9071) is a good place for quick Greek food. For Thai, try **Khun Al Thai Restaurant** (149 N. Lumpkin St., 706-548-9222). **Planet Smoothie** (184 College Ave., ☎ 706-353-8181) is the neighborhood smoothie shop.

For something more upscale that still has vegetarian options, try the **Last Resort Grill** (174 W. Clayton St., 706-549-0810). The interior is colorful with paintings of jazz musicians adorning its walls. Menu items such as the High Plains Drifter (griddle cakes with black beans and salsa) look tempting.

THE GRIT, 199 Prince Ave., Athens, ☎ 706-543-6592. Price: $. Vegetarian/International, 100% meatless, vegan options. Hours: Monday through Thursday, 11am-10pm; Friday, 11am-10:30pm; Saturday and Sunday brunch, 10am-3pm; Saturday dinner, 5pm-10:30pm; Sunday dinner, 5pm-10pm.

The alternative rock legends R.E.M. used to hang out at this old brick building in their early Athens years. The place is still an institution with its cowboy-chic waitresses serving simple food under cracking stucco walls and black-and-white photographs. R.E.M. is famous for their obtuse lyrics: one look around this place and you'll understand why they came here for inspiration.

Simple, inexpensive vegetarian fare is the theme in The Grit's art-house atmosphere. The chalkboard details the day's veggie specials. Delicately spiced tarragon new potatoes and tomato bisque soup were excellent and bargain-priced at $1.85. Their black bean chili is as hearty as a veggie dish can get. The house recipe contains black beans, bulghur, a bunch of veggies, and a healthy amount of cumin and cayenne. Not forgetting India, The Grit serves "Dal Baby" – a cup of split pea soup (dal), a vegetable samosa, brown rice and a side of Indian curry dressing. Also offered are various Italian, Mexican, Middle Eastern and Chinese dishes.

Everything at The Grit is under six bucks, so be sure to tip your server well.

BLUEBIRD CAFE, 493 E. Clayton St., Athens, ☎ 706-549-3663. Price: $. International, vegan options. Hours: Breakfast, daily, 8am-3pm; Lunch, Monday through Friday, 11am-3pm; Dinner, Friday and Saturday, 5pm-10pm.

Another of Athens' stand-bys, Bluebird Café is hugely popular, both with the gruff winter college crowd walking over from the dorms and the summer Bible-thumpers meeting across the street at the convention hall. A small box of a room with red brick walls and wood tables, the Bluebird is lively and entertaining.

Bluebird's morning specials are their omelets. The cowgirl omelette is three eggs, white cheddar, black beans, bell peppers, onions and plenty of chili powder. The powerhouse eggs – scrambled eggs, cheese, soy sauce and nutritional yeast – are formulated to jump-start your day. Lunch and dinner are an international smorgasbord. Vegans will appreciate the spinach cilantro quesadilla – a curious mix of spinach, cilantro and "something spicy" with onions, tomatoes and brown rice. Also vegan is the bhindi masala – okra sliced and cooked with garlic, ginger, onions, tomatoes and garam masala. Those who must have their dairy will enjoy the basil walnut pesto – a homemade pesto served with linguini, tomato, black olives and Parmesan cheese.

Vegan dishes are conveniently marked with a "V" – a nice touch that those on an animal-product free diet will appreciate.

Athens Natural Foods Markets

Daily Groceries Co-op
523 Prince Ave., Athens
☎ 706-548-1732

Phoenix Natural Food Market
Corner of Broad & Pulaski, Athens
☎ 706-548-1780

Zucchini's Natural Foods Market
2061 Hog Mountain Rd., Athens
☎ 706-769-3488

Atlanta

Visitors to Atlanta are greeted by PETA's (People for the Ethical Treatment of Animals) billboard claiming, "Jesus was a Vegetarian." Although there aren't many Baptists in town who would agree, there is an interesting battle in Atlanta between the older, conservative ways of thinking and the more liberal thinking of the city's many newcomers. Those put off by Georgia's reputation will be pleasantly surprised to find more consciousness here about organics and vegetarianism than they imagined.

Billing itself as the capital of the "New South," Atlanta's recent urban renewal has made it a wonderful destination for travelers. Restaurants have been a key component of the conversion from old to new. Atlanta's modern approach to cuisine includes a respect for organic and plant-based cuisines that is rare anywhere else in the South.

Great cities have great neighborhoods, and Atlanta is no exception. Below you'll find a listing of Atlanta's up-and-coming neighborhoods and some of the dining opportunities that you'll find there.

Buckhead

Trends come and go in Atlanta's upscale Buckhead neighborhood. Too many nouvelle restaurants to name have opened and closed in the last year. But one stalwart of vegetarianism has remained in the neighborhood for a while – **Veggieland Restaurant** (211 Pharr Rd. NE, ☎ 404-231-3111) serves noontime soups and salads to a fitness-oriented clientele. **Café Sunflower** at 2140 Peachtree St., Atlanta, GA 30309, ☎ 404-352-8859 (www.cafesunflower.com) has two locations, the second of which is featured in Sandy Springs below.

South Buckhead, a rougher extension of Buckhead, is home to **R Thomas Deluxe Grill**, featured here.

R THOMAS DELUXE GRILL, 1812 Peachtree St., Atlanta, ☎ 404-881-0246. Price: $$. Southern. Hours: Open 24-hours, 7 days a week.

From the painted-neon ceiling fans to a waiter's inside-out T-shirt, R Thomas Deluxe Grill is 100% *eye* candy. Located right on the always-crowded and ever-popular Peachtree Street, R Thomas' outdoor patio was voted "Best of Atlanta." The din of street traffic is cleverly drowned out by the establishment's dozens of parakeets, running water and piped-in tunes. So many of the Grill's oddities are worth mentioning, but my favorites were a map of the route of the Olympic torch to Atlanta in 1996, crudely painted on the inside of the tarp covering the patio, and a birdhouse shaped like a woman's head that reads, "On my word, I swallowed a bird."

The grill's crowded menu is just as eccentric. Vegetarians will enjoy R's veggie choices but will have a hard time choosing among the 21 items. The smashed potatoes with shiitake gravy is an instant classic. Red potatoes are "smashed," mixed with Vidalia onions and celery, then hollowed out and filled with a thick, mushroom gravy. The millet corn casserole is a take-off of a traditional Southern cornbread – sweet corn, millet and pimiento peppers. Simple and sweet is the butternut squash, also

"smashed" and served sans accouterments. All entrées come with a Dixie-cup full of red and white cabbage, dill weed and lemon juice that the waiter with the inside-out T-shirt claims is "good for digestion."

The grill's oddness and 24-hour status invite fun and adventure. The food ain't bad either.

Midtown

Once one of Atlanta's most affluent neighborhoods, aging Midtown has turned into a more lively mix of gays and health-conscious octogenarians. It's also a great place to dine on a budget. **Eats** (600 Ponce de Leon Ave., ☎ 404-888-9149) is as functional as it gets: ultra-cheap Italian food with a vegetarian twist in a warehouse-like setting. **Raging Burrito** (1529-B Piedmont Ave., ☎ 404-885-9922) is another option – fat-free California-style burritos for a pittance.

Little 5 Points

Little 5 Points is home to Atlanta's alternative music scene as well as some of Atlanta's disaffected youth. Despite the grunge, you'll want to make it to the **The Flying Biscuit Café** for an awesome Sunday brunch of multi-hued grits and organic pancakes. Check out the complete restaurant review below. **Sevananda** (1111 Euclid Ave., ☎ 404-681-2831), Atlanta's only co-op, is 100% meat-free. They also have an excellent supply of organic fruits and vegetables. Come in and buy a pound of organic Georgia peaches!

Featured Restaurant RATING

THE FLYING BISCUIT CAFE, 1655 Mclendon St. NE, Atlanta, ☎ 404-687-8888. Price: $-$$. Southern. Hours: Tuesday through, Sunday 9am-10pm.

The Flying Biscuit Café is the frontispiece of a block of brightly colored stores that look as if they were beamed up from New York City's East Village. Located along Mclendon Street in Atlanta's Little 5 Points neighborhood, the café has a distinctive urban village feel. Despite the modern attitude and décor, the café is decidedly Georgian.

On the Side

The Flying Biscuit Café was founded by members of the rock group Indigo Girls. The group's lesbian following is apparent in both the restaurant's waitstaff and clientele.

For breakfast try the lemon poppy seed pancakes – light, fluffy pancakes served with a stellar creamy lemon sauce. Heavier, but unsurpassed, are the organic oatmeal pancakes – topped with a warm peach compote and served with pure maple syrup. Lunch favorites include the love cakes – three black bean and cornmeal cakes, sautéed and topped with tomatillo salsa, sour cream, feta cheese and spears of raw

onion; and pudge – mashed potatoes colored with sun-dried tomatoes, basil and olive oil.

Pick up some freshly baked biscuits and muffins from the bakery before you walk out the door. A jar of Flying Biscuit cranberry apple butter comes in handy, too.

Sandy Springs

CAFE SUNFLOWER, 5975 Roswell Rd., Atlanta, ☎ 404-256-1675; www.cafesunflower.com. Price: $$-$$$. Vegetarian, 100% meatless, vegan options. Hours: Lunch, Monday through Friday, 11:30am-2:30pm; Saturday, noon-2:30pm; Dinner, Monday through Thursday, 5pm-9pm; Friday and Saturday, 5pm-9:30pm.

Rightfully voted Atlanta's best vegetarian restaurant, Café Sunflower serves up a tasty and unique brand of cuisine that hints at the South without being a slave to it. Like a true Southern kitchen, their homemade sauces and dressings are well thought out, but here they are prepared without meat stocks, making for lighter, healthier fare.

Stuffed mushrooms were rich and, well, meaty – mushroom caps stuffed with a mixture of soy, scallions, carrots and black mushroom in a spicy, black mushroom sauce. Also excellent were the black bean quesadillas – an unusual mix of feta cheese, black beans, brown rice, corn and sun-dried tomatoes in a flour tortilla. A tangy, house-made salsa makes the dish. The sesame noodles salad is also a crowd-pleaser – chilled lo mein noodles mixed with sesame and peanut butter. Save room, though. The biggest hit at Café Sunflower is the vegan carrot cake – a killer dessert with a tofu cream cheese frosting that will fool even the most die-hard sweet tooth.

Saturday nights are buffet nights and a good night to bring your non-vegetarian friends for a bit of sampling. The Sandy Springs location has an outdoor patio with a red brick wall, cypress trees and Christmas lights that makes for a wonderful gathering place on a warm Southern night. The only drawback is that, at about $12 an entrée, it's hard to overlook the plastic chairs and cheap tablecloths. The Buckhead restaurant reportedly has a more elegant interior – a local weekly claims you'll be dining in a "Williams Sonoma-meets-Martha Stewart setting."

Café Sunflower also has a location at 2140 Peachtree St., Atlanta, GA 30309, ☎ 404-352-8859.

Druid Hills

BROADWAY CAFE, 2168 Briarcliff Road NE, Atlanta, ☎ 404-329-0888. Price: $$. Kosher, 100% meatless. Hours: Monday through Thursday, 11am-10pm; Friday, 11am-3pm; Sunday, 11am-10pm.

Voted Atlanta's top kosher restaurant, the Broadway draws a crowd of Hasidic Jews for its approved, meatless cuisine. The Broadway theme extends to its theater posters, vaudeville masks and piped-in musical scores.

The Broadway's specialties are their faux meat dishes. The jambalaya is made with stewed tomatoes, red and green peppers, lots of black pepper and a good faux

sausage. Also recommended are the lo mein noodles – stir-fried vegetables, noodles and mock chicken and beef in a spicy honey soy sauce. Gourmet dinnerware adds a nice touch to the well-presented entrées. I was, however, disappointed with the salad and bread that came with my meal; the salad was thrown together and the bread wasn't freshly baked. The Broadway also offers a variety of pastas and pizzas. "The Tempest" is a cheeseless pizza made with Mediterranean olivada and topped with sundried tomatoes, peppers, eggplant and onions.

Broadway Café is in good company. Check out **Thai Chili** across the street and **Whole Foods** a block away.

Decatur

No one will roll their eyes at you in Decatur if you tell them you're a vegetarian. The middle-class residents of Decatur pride themselves on their tolerance toward alternative lifestyles. You'll find several New American restaurants here worthy of attention. **Crescent Moon** (254 W. Ponce de Leon Ave., ☎ 404-377-5623) serves huge stuffed potatoes, and **Sweet Melissa's** (127 E. Court Sq., ☎ 404-370-1111) has a brunch to rival Flying Biscuit's. For an all-vegetarian lunch buffet head to **Woodland Vegetarian Restaurant** (1080 Oaktree Rd., ☎ 404-321-6005). You'll also find **Rainbow Grocery** (2118 N. Decatur Rd., ☎ 404-633-3538) here if you need to stock up on natural foods.

West Atlanta

SOUL VEGETARIAN, 879 Abernathy Blvd., Atlanta, ☎ 404-752-5194. Price: $-$$. Ethiopian, 100% meatless, vegan options. Hours: Monday, 11am-10pm; Tuesday through Saturday, 11am-11pm; Sunday, 9:30am-1:30pm and 5pm-11pm.

Many people think that natural, organic, and/or vegetarian foods are found only in brand-spanking-new shopping centers in upscale suburbs. This makes Soul Vegetarian a welcome novelty in the West End near Morehouse College. Rooted in the back-to-Africa movement, Soul Vegetarian has a religious bent. Servers dressed in white with saris wrapped around their heads come to take your order. Vegans will be happy to note that all menu items are completely free of animal products.

Sunday brunch is a good time to see patrons dressed to the hilt in colorful African garb. For $7, choose from a tofu scramble heavily spiced with basil and tarragon, freshly cut potatoes, grits, pancakes, and the self-proclaimed "best biscuits in town." For lunch try a bowl of marak afunah – a creamy split-pea soup spiced with fresh garlic. The kalebone sandwich is also popular – an in-house super-protein patty with lettuce and tomato. Dinners are a unique affair. A new menu is prepared nightly for a candlelight dinner with exquisite table service. Call ahead for the menu.

Soul Vegetarian is one of the few vegetarian places that stuck it out through the years – 13 years and counting. If you're in the mood for something unique, definitely check them out. They have a second Atlanta location at 652 N. Highland, ☎ 404-875-0145.

Atlanta Area Natural Foods Markets	
Harry's Farmers Market 1180 Upper Hembree Rd., Roswell ☎ 770-664-6300	Life's Essentials Market 2329 Cascade Rd., Atlanta ☎ 404-753-2269
Harry's Farmers Market 2025 Satellite Pt. NW, Duluth ☎ 770-416-6900	Natural Market Place 4719 Lower Roswell Rd., Marietta ☎ 770-973-4061
Harry's Farmers Market 70 Powers Ferry Rd. SE, Marietta ☎ 770-578-4400	Naturally Good 1379 Morrow Industrial Blvd., Morrow ☎ 770-961-0933
Health Nut 5367 E. Mountain St., Stone Mountain ☎ 770-498-6922	Nuts & Berries 4274 Peachtree Rd. NE, Atlanta ☎ 404-237-6829
Life Grocery 1453 Roswell Rd., Marietta ☎ 770-977-9583	Sevananda Natural Foods Market 457 Moreland Ave. NE, Atlanta ☎ 404-681-2831

Columbus

If you happen to be in, or passing through, this good-sized town on the Alabama border, be sure to have dinner at **Country Life Vegetarian Restaurant & Health Food Store** (1217 Eberhart Ave., ☎ 706-323-9194). I can't vouch for the food, but it's the only vegetarian restaurant for miles.

Savannah

Possibly the most well-preserved town in the nation, Savannah was one of the few major Southern cities not razed by the Union Army during the Civil War. To this day it maintains a Southern charm and timelessness making it a popular destination for anyone interested in getting a flavor for the Old South.

For a taste of the South, be sure to visit **Elizabeth's On Thirtyseventh** (105 E. 37th, ☎ 912-236-5547). Ask for their special vegetarian menu. Tourists can pick up supplies at **Brighter Day Natural Foods** (1102 Bull St., ☎ 912-236-4703).

North Carolina

1. Healthy Harvest Natural Foods; Homestead Farms; Laughing Seed Café; Max & Rosie's Restaurant; Bearfoot Café & Catering
2. Berrybrook Farms Natural Foods Pantry; Talley's Green Grocery; Selwyn Natural Foods; Carolina Smoothies; Peaceful Dragon Tea House & Cultural Center
3. Healthwise Natural Foods
4. Grapevine Café & Juice Bar; Deep Roots Natural Market; Joel's Natural Foods & Supplements; Undercurrent Restaurant
5. RALEIGH: The Rathskeller; Sunflower's Sandwich Shop; 518 West Italian Café; Lilly's Pizza; Simple Pleasures; Second Nature Café; Irregardless Café
   DURHAM: Triangle Vegetarian Society; Anotherthyme; Saladelia Café
   CHAPEL HILL: Saladelia Café; 411; Thai Palace; Looking Glass Café; Pyewacket; Margaret's Cantina

Asheville & The Blue Ridge Parkway

With the Great Smoky Mountains to the east, the Blue Ridge range to the west, and a number of ski resorts just miles from town, Asheville is by far North Carolina's most scenic city. It's very earth-friendly too, and you'll see Appalachian Trail hikers stopping in town before heading out for long treks.

Two great natural food stores are **Healthy Harvest Natural Foods** (115 Black Mountain Ave., ☎ 828-669-9813) for organic produce, and **Homestead Farms** (Naples Rd., ☎ 828-684-1155), which has a line of meat substitutes and some great fruit preserves. Vegetarians seeking a full meal will fall in love with **Laughing Seed Café** (40 Wall St., ☎ 828-252-3445). The restaurant serves three meals and has an international menu with vegan options. Another popular option is **Max & Rosie's Restaurant** (52 N. Lexington Ave., ☎ 828-254-5342), which serves creative lunches Monday through Saturday.

Campers will be happy to find **Bearfoot Café & Catering** (430 Caldwell St., Brevard, ☎ 828-883-2220) located smack in the middle of the mountains south of Asheville.

Charlotte

Charlotte has a number of ethnic food restaurants that will work for vegetarians. There are no real stand-outs though, and I couldn't find any all-vegetarian places in town. But there are a few natural food stores and most have a deli. Try either **Berrybrook Farms Natural Foods Pantry** (1257 East Blvd, ☎ 704-561-3741) which has a juice bar as well as salads, soups and sandwiches for take-out. **Talley's Green Grocery** (1408 East Blvd., ☎ 704-334-9200) also serves lunch items with daily soup specials in a small café attached to the grocery. **Selwyn Natural Foods** (2917 Selwyn Ave., ☎ 704-333-4266) has a good selection of organic produce. **Carolina Smoothies** (1408 East Blvd., ☎ 704-358-0006) is a good place to go for fresh juices.

Worth a trip outside the city limits is the **Peaceful Dragon Tea House & Cultural Center** (8324 Pineville-Matthews Rd., Pineville, ☎ 704-544-1012), which has an all-vegetarian menu. Call ahead for events at the center.

Fayetteville

Folks driving up Interstate 95 can stop for groceries at **Healthwise Natural Foods** (3620 Ramsey St., ☎ 910-630-0898).

Greensboro

Greensboro's only all-vegetarian restaurant is **Grapevine Café & Juice Bar** (435-B Dolley Madison Rd., ☎ 336-856-0070), which serves international cuisine for both lunch and dinner. For groceries, head to the natural foods co-op **Deep Roots Natural Market** (3728 Spring Garden St., ☎ 336-292-9216). Other options are **Joel's Natural Foods & Supplements** (Guilford Village, ☎ 336-855-6500), which has a small vegetarian café, and **Undercurrent Restaurant** (600 S. Elm St., ☎ 336-370-1266) serving trendy, New American fare.

The Triangle: Raleigh, Durham & Chapel Hill

The three cities of Raleigh, Durham, and Chapel Hill compose "The Triangle," a collection of liberal cities in the middle of conservative North Carolina. Of course, three highly acclaimed universities also inhabit these cities: North Carolina State in Raleigh; Duke University in Durham; and North Carolina University in Chapel Hill. Most of the restaurant, natural food, and farmers' market listings revolve directly around the colleges.

Raleigh

Hillsborough Street fronts NC State and houses a number of cafés, bars and restaurants. **The Rathskeller,** featured below, is among them.

Glenwood Street and Raleigh's popular 5 Points neighborhood house a number of popular organic or vegetarian-friendly restaurants. **Sunflower's Sandwich Shop** (315 Glenwood St., ☎ 919-833-4676) offers veggies soups and salads. Just off Glenwood is the **518 West Italian Café** (518 W. Jones, ☎ 919-829-2518) – lots of pasta dishes with fresh, sometimes organic, vegetables in a non-smoking environment. **Lilly's Pizza** (1813 Glenwood Ave., ☎ 919-833-0226) comes highly recommended. Try their mushroom and feta pizza. Farther down Glenwood you'll find **Simple Pleasures** (Glenwood Village Shopping Village, ☎ 919-782-9227), a pleasant natural foods café.

A few miles outside the downtown area, the recently opened **Second Nature Café** (3201 Edwards Mill Rd., ☎ 919-571-3447) serves organic and vegetarian dishes in a casual setting.

THE RATHSKELLER, 2412 Hillsborough St., Raleigh, ☎ 919-821-5342; www.concentric.net/~ratwork. Price: $$-$$$. Hours: Lunch, Monday through Friday, 11:30am-5pm; Saturday and Sunday, noon-5pm; Dinner daily, 5pm-10:30pm.

The dark and forbidding Rathskeller seems more suited for cigars, bourbon and backroom political intrigue than vegetarian food, but don't let the name or the gloom keep you away. The Rathskeller serves up some interesting entrées, and once you're in your booth, the darkness adds an intimacy you won't find in sunnier digs.

The Rathskeller cooks throw in the kitchen sink with their grilled portobello and asparagus chimichanga – a large tortilla stuffed with grilled portobellos and asparagus, feta cheese, brown rice, spinach and a red pepper sauce, then baked and topped with Monterey jack cheese, sour cream, green chilies and a touch of chili powder. The cashew, black bean and sweet potato casserole is a delightful mix of disparate flavors. A rich feta cheese sauce adds a deep twang. Rathskeller's dishes aren't for the faint of heart. Diners either love it or hate it.

Guests dining alone will feel comfortable in The Rathskeller's lounge. Cocktails are optional.

IRREGARDLESS CAFE, 901 W. Morgan St., Raleigh, ☎ 919-833-9920. Price: $$. Eclectic/Upscale, vegan options. Hours: Monday through Friday, 11:30am-2:30pm and 5:30pm-10pm; Saturday, 5:30pm-10pm; Sunday, 10am-2:30pm.

In 1974, an NCSU graduate opened a strict vegetarian establishment called Irregardless, regardless of all his professors who told him he'd never make it. (His English teacher must have had a fit, too, when he found out what he named the place.) The restaurant has been going strong ever since, surviving both the conservative '80s and a fire in 1995 that gutted its original space. The key to its survival has been its ability to change with the times. Every night the café offers a new menu with fresh ideas.

Irregardless now serves fish and free-range poultry dishes. But don't fret – with the current popularity of veganism, they've added non-meat, dairyless dishes and have

marked them clearly on their menu. The night's specialties included the spinach and corn enchiladas – enchiladas stuffed with spinach and ricotta cheese and topped with creamy corn sauce. The rich sauce and filling complemented each other nicely. The vegan special was the sunny pasta sauté – sautéed zucchini, squash, tomatoes, garlic, leeks and artichoke hearts tossed with pasta in a sun-dried tomato, roasted pepper vinaigrette. Two bites are enough of the spinach rollatini – pasta sheets rolled with spinach, mushrooms and three kinds of cheeses. This one was rich! If at all possible, save room for dessert. The restaurant's pastry chef likes to show off. Rum raisin bread pudding is layered with flan.

Jazz musicians and lounge acts add atmosphere six days a week on a small stage. It's also one of the few non-smoking restaurants in town.

Raleigh Natural Foods Markets	
Harmony Farms 2710 Hillsborough St. ☎ 919-832-3237	Harmony Farms 5653 Creedmoor Rd. ☎ 919-782-0064

Durham

Despite the presence of Duke University, Durham maintains a tough, blue-collar attitude that makes it rough for vegetarians. This is the home, however, of the **Triangle Vegetarian Society**, one of the more active veggie-friendly organizations on the East coast.

Anotherthyme (109 N. Gregston St., ☎ 919-682-5225) is a warm, candlelit, dinner-only restaurant run by the same folks who run Pyewacket in Chapel Hill. Entrées are very creative, although most contain fish or poultry. It's an excellent place for a leisurely, romantic evening. For Middle Eastern, Durham also has a branch of **Saladelia Café** (4201 University Dr., ☎ 919-489-5776).

Durham Natural Foods Markets	
Durham Co-op Grocery 1101 W. Chapel Hill St. ☎ 919-490-0929	Whole Foods 605 Broad St. ☎ 919-286-2868

Chapel Hill

Home of the University of North Carolina, Chapel Hill is less grungy than Raleigh but has some of the same liberal traits. Other than the restaurants featured below, try **Saladelia Café** (105 N. Columbia, ☎ 919-932-1020) for Middle Eastern, **411** (411 W. Franklin, ☎ 919-967-2782) for upscale Italian; and **Thai Palace** (1206 Raleigh Rd., ☎ 919-967-5805) for Thai. **Looking Glass Café** (133 W. Franklin St., ☎ 919-929-0296) is an option for vegetarian sandwiches. For a well-stocked market in Carrboro, look no further than Weaver Street Market (101 E. Weaver St., ☎ 919-929-0010).

PYEWACKET, 431 W. Franklin St., Chapel Hill, ☎ 919-929-0927. Price: $$. New American. Hours: Monday through Thursday, 11:30am-2pm and 5:30pm-9:30pm; Friday, 11:30pm-2pm and 5:30pm-10pm; Saturday, 11:30am-2:30pm and 5:30pm-10pm.

Heavy use of sprouts and seeds mark Pyewacket's natural foods dining approach. Light dishes with nutty flavors make for healthy but flavorful meals. Pyewacket's atmosphere adds to its popularity. Small tables with low reading lamps placed in a number of intimate dining spaces make this a great place for intellectual conversation.

Lunch draws a well-dressed crowd of yuppies and professors. The "Morning Star" salad is colorfully presented with romaine lettuce, apple, cottage and white cheddar chesses, sprouts, shredded carrots, raisins, cashews and sunflower seeds. House umeboshi plum dressing – Japanese plums, oil, egg and herbs – is served on the side. The sprouted mushroom sandwich is a nice cross between a hot and cold sandwich – warm sautéed mushrooms, avocado, cheddar, Parmesan, and a healthy dose of sprouts with a cool cucumber-dill dressing on whole wheat sunflower bread.

Dinner entrées consist primarily of excellent seafood and poultry dishes with a few relatively uninspired vegetarian dishes. The lasagna verdi is pasta layered with tomato sauce, spinach, portobello mushrooms and three cheeses. If you have a sweet tooth, don't miss dessert at Pyewacket. The lime sour cream pie is popular, but chocolate-lovers should head straight to the black bottom pie – devilish chocolate custard in a pecan-cracker crust.

On the Side

Vegans should note that Pyewacket uses dairy heavily.

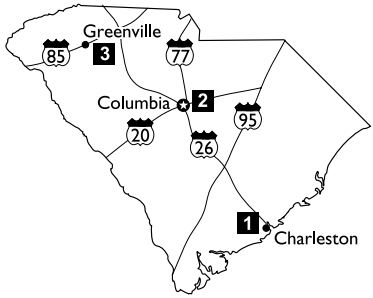
MARGARET'S CANTINA, 1129 Weaver Dairy Rd., Chapel Hill, ☎ 919-942-4745. Price: $. Mexican, vegan options. Hours: Monday through Friday, 11:30am-2:30pm and 5pm-10pm.

Bravo! Margaret's Cantina is the most veggie-friendly Mexican establishment east of the Mississippi. A host of regulars, a goofy bartender and a Christmas cactus also make the place a lot of fun, something that health-minded restaurants can easily lose sight of. If you're off the wagon, be sure to sample one of Margaret's margaritas – they're pretty tasty.

Margaret's uses only canola oil, olive oil or butter for cooking, and none of the salsas contain meat or meat stocks, so you can count on vegetarian items to be truly vegetarian. The spicy sopa seca (dry soup) is a barn burner – a Mexican lasagna with layers of corn tortillas, black beans, cheese and loads of a chili-filled tomato salsa. Watch out, it's hot. The Greek quesadilla is also unusual with jack and feta cheese along with spinach and tomato. You can personalize your quesadillas with a number of items including jalapeños, black olives and grilled peppers. Tempeh fajitas and enchiladas are also offered. The chef makes everything from scratch, so vegans are easily accommodated.

And families, don't let the "cantina" in the name mislead you: Margaret's has a terrific children's menu for the tykes.

South Carolina



1. Horse & Cart Café; Raspberry's Natural Food Store; Health Nuts; Earth Fare; The Mustard Seed; Good Neighbor
2. Basil Pot; Motor Supply Company Bistro; Groucho's Dippers; The Orient; Nice-N-Natural; Rosewood Market & Deli; Nature's Way; Life Market; 14 Carrot Whole Foods
3. SWAD Restaurant & Store; India Palace; Mediterranean Pita House; Gardner's Natural Market & Café; Market For Life

South Carolina holds more for the tourist than meets the eye. The rolling hills of upstate, the tobacco crops in its mid-reaches, the golf courses of the north beaches, and the backwaters of the swampy southern coast combine to form a varied, distinctly Southern landscape for visitors to enjoy. Vegetarians will find it a conservative place, but don't be completely scared off. South Carolina's major cities will provide you with much-needed supplies.

Charleston

Founded in 1670, Charleston is one of America's oldest cities. The entire downtown is a historical monument with horse-drawn carriages and cobblestone streets. Despite its old, historic feel, Charleston is the only city in South Carolina to have a considerable gay scene, and its liberal area is home to a large number of small cafés and coffeehouses.

Horse & Cart Café (347 King St., ☎ 843-722-0797) just off Marion Square in historic Charleston has café fare and is open late for poetry readings and music. In Marion Square itself on Saturdays is the **Charleston Farmer's Market**. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

South of the city center you'll find **Raspberry's Natural Food Store** (1331 Ashley River Rd., ☎ 843-556-0076), which has a vegetarian take-out deli. Also this direction is **Health Nuts** (2110 Green Ridge Plaza, ☎ 843-764-4956), a sports nutrition store with a juice bar, and **Earth Fare** (6 Windermere Blvd. #5, ☎ 843-769-4800), a good spot for organic produce.

North of the historic district in Mt. Pleasant is the **Mustard Seed** (1220 Ben Sawyer Blvd., ☎ 843-849-0050), serving innovative healthy cuisine. You'll also find **Good Neighbor** (423 Coleman Blvd., ☎ 843-881-3274) health food store out here for organic produce and macrobiotic foods.

Columbia

South Carolina's capital as well as the home of the University of South Carolina, Columbia holds a certain magic with its roomy, tree-lined streets. It is one of America's few planned cities and retains a certain sensibility and refinement that sets it apart from the rest of South Carolina's mid-country.

First stop for vegetarians should be the **Basil Pot** (928 Main St., ☎ 803-799-0928), a wonderful three-meal-a-day restaurant just behind the state capitol. Their pizzas are justly famous for the unusual ingredients, including such veggie-friendly items as tempeh sausage. Also nearby is the **Motor Supply Company Bistro** (920 Gervais St., ☎ 803-256-6687), an imaginative New American restaurant that was recently converted from an auto parts warehouse.

In Columbia's artsy 5 Points area, you'll find **Groucho's Dippers** (611 Harden St., ☎ 803-799-5708), a good spot for vegetarian and kosher salads and subs. (They also have a location west of town in Lexington at117½ Main St., ☎ 803-356-8800.) For Chinese, **The Orient** (1735 Decker Blvd., ☎ 803-738-0095) is your best bet with a good-sized vegetarian section.

Columbia has a good share of natural foods stores. **Nice-N-Natural** (1217 College St., ☎ 803-799-3471) has a strong selection of take-out soups, salads and sandwiches. **Rosewood Market & Deli** (2803 Rosewood Dr., ☎ 803-765-1083) has a small café. Check out their vegetarian daily special and macrobiotic options. Just off of Highway 1 is **Nature's Way** (1300 Augusta Rd., ☎ 803-796-0768) featuring a juice bar and deli. A little way out of town, **Life Market** (9940 Two Notch Rd., ☎ 803-419-8957) is a good stop for organic foods. They also offer cooking classes. In West Columbia you'll find **14 Carrot Whole Foods** (2250 Sunset Blvd., ☎ 803-791-1568), another spot for organic produce and macrobiotic food options.

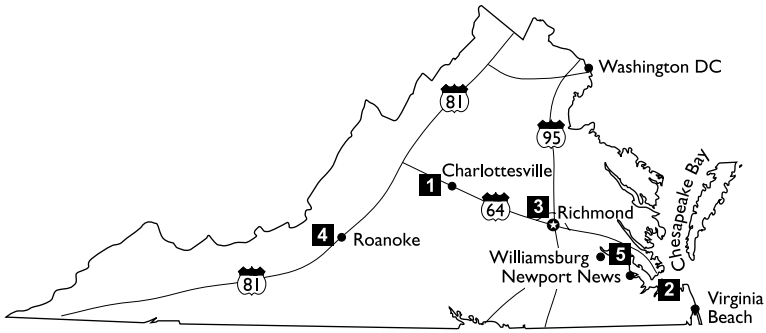
Columbia's Farmers' Market is held at the state fairgrounds just south of town. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Greenville

The rapidly growing commercial city of Greenville in upstate South Carolina is a popular place for business travelers as well as a stop-off for folks traveling up I-85. The only all-vegetarian game in town is **SWAD Restaurant & Store** (1421 Laurens Rd., ☎ 864-233-2089), an Indian restaurant with a store that sells Indian specialty items. **India Palace** (59 Liberty Lane, ☎ 864-271-8875) is another popular Indian spot. For a light Middle Eastern lunch, try **Mediterranean Pita House** (495 S. Pleasantburg Dr., ☎ 864-271-9895).

The largest natural food selection in Greenville is at **Gardner's Natural Market & Café** (60 E. Antrim Dr., ☎ 864-242-4856), which houses a bakery, a deli and a café for "eating out." In the suburbs, locals go to **Market For Life** (801 Wade Hampton Blvd., Taylors, ☎ 864-268-9255), halfway between Greenville and its twin city, Spartanburg.

Virginia



1. Liquid Smoothie & Juice Bar; Two Moons Kitchen; Two Moons To Go; Martha's Café; Ming Dynasty; Integral Yoga Natural Foods; Rebecca's Natural Food
2. Health Trail; Elliot's; Whole Foods Co-op; Tabouli; Nawab Indian Cuisine; Azar's Natural Foods Market & Café; Bangkok Garden Restaurant; Fresh Market Café; Fresh Market & Deli; Heritage Health Food Store; Virginia Garden
3. Ellwood Thompson's Natural Market; Cary Street Café; Farouk's House Of India; Strawberry Street Café; Good Foods Grocery
4. Market Square; Eden's Vegetarian Café Deli; Wildflour Market & Bakery; Roanoke Natural Foods Co-op; Happy Belly Deli
5. Chez Trinh; Dynasty; Health Shelf

Virginia's history is perhaps the richest of any of the states. Many of the nation's founding fathers – Washington and Jefferson being the best known – were born here and later owned estates. The majority of the Civil War's battlegrounds are in Virginia, and many of its cities lay in ruin after the war.

Virginia has done a good job of preserving this history. Historical landmarks are scattered liberally throughout the state. Visitors with an interest in America's past will do well to take advantage of Virginia's richness.

Vegetarianism has yet to take root here, but as you head farther north toward Washington DC, you'll begin to find a variety of ethnic eateries that provide non-carnivores a good selection of vegetable dishes. For restaurants and natural foods markets near Washington DC, including those in Arlington and Alexandria, see pages 70-76.

Charlottesville

Lovingly called "C-ville" by both University of Virginia students and long-time residents, Charlottesville is a small, outdoorsy city with a down-to-earth feel. Just off campus, **Liquid Smoothie & Juice Bar** (104 14th St. W, ☎ 804-295-3775) is a vegetarian café with light lunch fare and a huge array of juice choices with herbal supplements. Just across the street, **Two Moons Kitchen** (109 14th St. W, ☎ 804-295-

3775) serves California-style Mexican food. Choose from their huge vegetable burritos or vegan tamales. A sister eatery, **Two Moons To Go** (110 2nd St. E, ☎ 804-293-5709), is located in the downtown mall.

Also nearby is **Martha's Café** (11 Elliewood Ave., ☎ 804-971-7530), a sit-down place with heart-healthy entrées. For Chinese, **Ming Dynasty** (1417 Emmet St., ☎ 804-979-0909) has a good-sized vegetarian selection.

Bag some groceries at **Integral Yoga Natural Foods** (923 Preston Ave., ☎ 804-293-4111) just off of Washington Park. Their deli offers international fare with plenty of veggie options. Another choice is **Rebecca's Natural Food** (1141 Emmet St., ☎ 804-977-1965).

Hampton Roads

Newport News, Norfolk & Virginia Beach

Heading east towards the beach, **Health Trail** (10848 Warwick Blvd., Newport News, ☎ 757-596-8018) is a large natural foods store with a diverse selection of organic foods.

In Norfolk, **Elliot's** (1421 Colley Ave., Norfolk, ☎ 757-625-0259) throws together international fare with lots of choices for vegetarians. Also here is the **Whole Foods Co-op** (119 W. 21st St., Norfolk, ☎ 757-626-1051). Middle-Eastern is the specialty at **Tabouli** (4140 Granby St., Norfolk, ☎ 757-627-1143) where baba ganouj and hummus are good options for non-carnivores. **Nawab Indian Cuisine** (888 N. Military Hwy., Norfolk, ☎ 757-455-8080) provides locals with authentic Indian.

Virginia's largest city, Virginia Beach, is a glut of inexpensive hotels, mobs of people and tacky T-shirt shops. Locals note that things do slow down to a more tolerable level during off season, making Virginia City a more pleasant place to live.

Azar's Natural Foods Market & Café (108 Prescott Ave., Virginia Beach, ☎ 757-486-7778) is half natural foods store and half Middle Eastern eatery. Thai lovers will enjoy the **Bangkok Garden Restaurant** (4000 Virginia Beach Blvd., Virginia Beach, ☎ 757-498-5009).

Groceries can be found at **Fresh Market Café** (700 19th St., Virginia Beach, ☎ 757-491-5383) and **Fresh Market & Deli, Inc.** (550 First Colonial Rd. in the Hilltop Square Shopping Center, Virginia Beach, ☎ 757-425-5383). Both stores have a café and deli for picking up sandwiches and the like to go. **Heritage Health Food Store** (314 Laskin Rd., Virginia Beach, ☎ 757-428-0500) has a huge selection of organic produce, and its attached café has soups, salads and desserts. **Virginia Garden** (3640 Dam Neck Rd., Virginia Beach, ☎ 757-427-0378) also has a variety of organic groceries.

Richmond

Richmond was hit hard by an economic depression in the '70s and is just beginning to see some growth. Some of these changes are reflected in the budding Carytown neighborhood with its eclectic mix of thrift shops, cafés and eccentric res-

taurants. Here you'll find **Ellwood Thompson's Natural Market** (4 N. Thompson St., ☎ 804-359-7525; www.ellwoodthompsons.com). At its deli everything is made from scratch, so you can count on fresh ingredients. Check out their Web site, which contains a current deli menu and their daily vegetarian take-home dinner. Chef's specials such as the mushroom tart with roasted sweet potatoes and grilled sweet peppers are terrific for a romantic night at home. The site also lists a recipe of the day and a calendar of events. They even have instructions on cooking bulk foods!

Also in the Carytown neighborhood is the **Cary Street Café** (2631 W. Cary St., ☎ 804-353-7445) – a late night café with vegetarian options such as the ELT: eggplant, lettuce and tomato. Nearby is **Farouk's House Of India** (3033 W. Cary St., ☎ 804-355-0378), which offers a lunch buffet and a large vegetarian selection on their dinner menu.

"The Fan" is a neighborhood of student residences and old Victorian houses. One of the nation's largest intact Victorian neighborhoods, it got its name because the streets "fan" out from Monroe Park on its eastern border. **Strawberry Street Café** (421 N. Strawberry St., ☎ 804-353-6860) is centrally located and has some great salads.

For natural and organic supplies, **Good Foods Grocery** has two locations (Stony Point Shopping Center, ☎ 804-320-6767; and Gayton Crossing Shopping Center, ☎ 804-740-3518).

Roanoke

Like most towns and small cities along the Blue Ridge Trail, Roanoke has a health-conscious attitude that's missing from its neighbors in the lowlands. Your first stop for goodies should be downtown Roanoke's **Market Square**, where a permanent farmers' market is open for fresh, locally produced vegetables. Also in the midst of the city center is **Eden's Vegetarian Café Deli** (104 Church Ave. SE, ☎ 540-344-3336), a small, all-vegan eatery with garden burgers and international dinner entrées. The popular **Wildflour Market & Bakery** has three Roanoke locations (Towers Mall, ☎ 540-344-1514; 1212 4th St. SW, ☎ 540-343-4543; and 7770 Williamson Rd., ☎ 540-362-1812). Each has a bakery, a restaurant with daily vegetarian specials, and a catering service. Wildflour's Web site (www.wildflour.baweb.com) lists their hours and promotes their catering service.

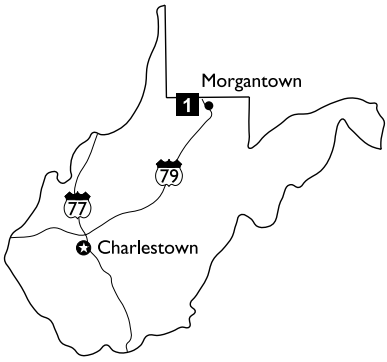
Roanoke Natural Foods Co-op (1330 Grandin Rd. SW, ☎ 540-343-5652) also has a good selection of organic produce, a juice bar and sandwiches at the adjacent **Happy Belly Deli.**

Williamsburg

History buffs will love the restoration that has made Colonial Williamsburg one of Virginia's most popular tourist destinations. The town has been recreated to resemble Williamsburg in 1775, the year before the Revolutionary War. Actors play the parts of local craftspeople, selling replicas of colonial wares. It can get crowded at times but it's definitely worth a visit.

Unfortunately, the town proper doesn't have much for vegetarians. Outside the historic district **Chez Trinh** (157 Monticello Ave., ☎ 757-253-1888) makes Vietnamese food to order, and the **Dynasty** (1621 Richmond Rd., ☎ 757-220-8888) has a separate vegetarian section on their menu of Chinese specialties. For nearby groceries, **Health Shelf** (159½-A Monticello Ave., ☎ 757-229-1240) is smallish but has a decent supply of vegetarian supplies.

West Virginia



1. Maxwell's; Mountain People's Market

They don't call West Virginia the mountain state for nothing. Some of the most rugged portions of the Appalachian range lie on West Virginia's eastern border. Outdoor enthusiasts will no doubt appreciate the many opportunities for hiking, skiing, whitewater rafting and rock climbing "in them thar hills." More intellectual pursuits include trips to Civil War sites and abandoned coal mines.

In part because of its rugged geography and resource-oriented industry, West Virginia does not have a town with a population over 60,000. Eating out usually means going over to a neighbor's house for a home-cooked meal. Vegetarians visiting the state would do best to put together their own meals from a local produce stand or farmers' market.

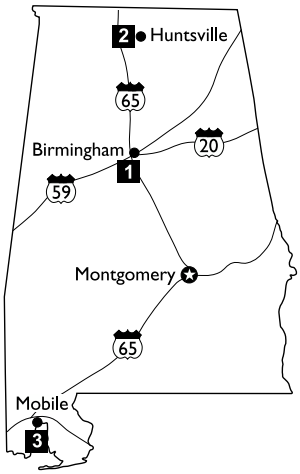
Morgantown

This livable mountain town on the northern border of West Virginia and Pennsylvania houses the University of West Virginia. Downtown on the riverfront, **Maxwell's** (1 Wall St., ☎ 304-292-0982) serves an array of vegetarian specialties, including veggie sandwiches, non-meat burgers and stir-fry.

For groceries in Morgantown, you'll find **Mountain People's Market** (1400 University Ave., ☎ 304-291-6131) along the student strip. The natural foods co-op has a good selection of organic produce, as well as a kitchen that serves soups, salads and sandwiches.

The South

Alabama



1. Golden Temple Natural Grocery & Café; Planet Smoothie; Purple Onion; Birmingham Farmers' Market; Andy's Farm Market; Peaches N Cream
2. Jamo's Juice & Java and More; Caribbean House; Our Daily Bread Vegetarian Eatery & Bakery; Jordan Village Market; Garden Cove Produce Center
3. Jerusalem Café

With an ongoing reputation for racism and a stigma for being the last state to end slavery, Alabama has been working hard on a face-lift. There has been a great deal of positive change since the Civil Rights marches, and Alabamans are careful to be all-inclusive these days at many of the state's landmarks. The wonderful Civil Rights Museum in Birmingham is the most obvious example.

Unfortunately, modernization hasn't filtered into Alabama's stubborn Southern cuisine. Vegetarianism is pretty much unheard of. As one local put it, vegetarians are considered "strange and not normal." Despite the lack of acceptance, creative individuals will find plenty to graze on. Outdoor farms and markets are plentiful throughout the state, and Alabama is close enough to Florida to get a good crop of citrus every year.

Birmingham

Alabama's largest city stays youthful and metropolitan in part because of the yearly influx of undergraduates heading for the University of Alabama. The city has

also managed to establish some impressive tourist destinations. Most notable is the Birmingham Civil Rights Institute and District, which greets visitors with a soulful 12-minute introduction to Birmingham's role in the '60s movement. Also significant is Vulcan Park and the Vulcan statue, the largest iron statue ever cast. An observatory provides a romantic nighttime view of the city.

For good eats, head to the 5 Points South District near the University of Alabama, where you'll find **Golden Temple Natural Grocery & Café** (1901 11th Ave. S, ☎ 205-933-6333). Pick up a sandwich or soup and a fresh juice at the café. There's a second location in the suburbs (3309 Lorna Rd., Hoover, ☎ 205-823-7002). **Planet Smoothie** nearby (1100 20th St. S, ☎ 205-933-7200) also has a good selection of fruit drinks. The **Purple Onion** (1717 10th Ave. S, ☎ 205-933-2424) serves vegetarian Greek items such as baba ganouj and falafel.

One local vegetarian raved about the **Birmingham Farmers' Market** (334 Findley Ave. W, ☎ 205-251-8737), which is open 24 hours, seven days a week. You sure can't beat the hours! A couple of other commercial markets outside the city limits are also worth mentioning. **Andy's Farm Market** (2489 Rocky Ridge Rd., Vestavia Hills, ☎ 205-824-0300) has quality fruits and vegetables alongside some great Southern desserts. The market is open Monday through Saturday from 8am to 6pm. A regional secret, **Peaches N Cream** (1040 Oak Mountain State Park Rd., Pelham, ☎ 205-985-4967) is the Ben & Jerry's of the south. It's open 8am-8:30pm every day in summer, and folks come from all over for their great ice cream. They also carry distinctly Southern food items, such as fried green tomatoes, peanuts and unusual jellies. For more farm market listings in this area, see *Farmers' Markets* at the end of this guide.

Huntsville

Located in northern Alabama in the Appalachian foothills, Huntsville is another Alabama city graced with several colleges to add a dash of liberalism. Near the University of Alabama at Huntsville campus is **Jamo's Juice & Java and More** (413 Jordan Ln., ☎ 205-837-7880), an eclectic late-night coffee shop with live music on weekends. Simple foods, like the Sherpa rice, round out a mostly vegetarian menu. **Caribbean House** (2612 Jordan Ln., ☎ 205-837-1474) specializes in seafood dishes, but you'll also find a good selection of non-meat entrées among their selection of island food and curries. Also nearby, **Our Daily Bread Vegetarian Eatery & Bakery** (2413-B Jordan Ln., ☎ 205-722-9696) is full of surprises for your lunch break. Locals enjoy the ever-changing lunch specials.

Jordan Village Market (2420 Jordan Ln. NW, ☎ 256-864-0060) is a good stop for fresh locally grown produce. They've also got a take-out deli with a large selection of meatless meals. Another terrific vegetable stand is the **Garden Cove Produce Center** (628 Meridian St. N, ☎ 256-534-2683). Here you'll find produce, bulk foods and a hard-core juice and vegetable bar.

Mobile

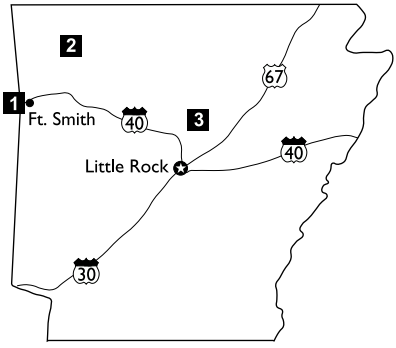
Alabama's only port city houses a respectable shipbuilding industry. It is also the gateway to the "Redneck Riviera," a popular beach community more commonly known as Gulf Shores.

Before hitting a lonely beach or one of the offshore island wildernesses, stock up on groceries at **Jerusalem Café** (5773 Airport Blvd., Regency Shopping Center, ☎ 334-304-1155). The café serves Middle Eastern cuisine but also stocks a good supply of vegetarian foods.

Montgomery

Alabama's state capital has a good art museum and also presents the annual Alabama Shakespeare Festival. Unfortunately, I couldn't locate a single veggie-friendly joint in the city. If you're in town, find yourself an Indian or Asian eatery and hope for the best.

Arkansas



1. Blue Willows
2. EUREKA SPRINGS: Dairy Hollow House Country Inn & Restaurant; Horizon Restaurant
   FAYETTEVILLE: Tuesday's
3. HEBER SPRINGS: Captain's House
   LESLIE: Serenity Farms

Despite an expanse of natural beauty, Arkansas isn't an overly visited place. This makes its mountains, rivers and small resort towns especially appealing for anyone looking to get away from it all. Travelers will find the small craft shops, mom-and-pop stores, and country inns of Arkansas to have a unique timelessness. Places here feel as if they've been here forever, and in many cases they have.

Vegetarians will do best to stop at any of the many fruit and vegetable stands along the roadsides here. Homemade jellies and preserves, which you can find al-

most anywhere, are something to get your hands on. Many of the small resort towns, primarily in the Ozarks, have a place or two to get home-cooked, non-meat dishes. Although there isn't the strict adherence to organic farming that you'd find in California, most of the farming done in the state is by small-time producers and backyard gardeners, so the chemicals used by commercial outfits aren't as prevalent.

Ft. Smith Area

Van Buren

Just north of Ft. Smith, a stone's throw from the Oklahoma border, is the historic town of Van Buren. On the ground floor of the Old Van Buren Inn Bed & Breakfast is the **Blue Willows** restaurant (633 Main St., ☎ 501-474-4202). Diners will appreciate the California cuisine brought in by the expatriate owners.

The Ozarks

Eureka Springs

The second-most popular hot springs area in Arkansas lies way back in the Ozark Mountains near the Missouri border. There are many country inns in this quaint restored town. The **Dairy Hollow House Country Inn & Restaurant** (515 Spring St., ☎ 501-253-7444) caters to vegetarians. Not far from Eureka Springs along County Road 187, if you can find it, is **Horizon Restaurant** (☎ 501-253-5525). The brave soul who wanders out here will reportedly get a taste of one the best vegetarian sandwiches made in Arkansas – the Grassy Knob Vegetarian Delight – made with marinated artichoke hearts, roasted sweet red peppers, alfalfa sprouts and sun-dried tomatoes.

Fayetteville

Fayetteville has perhaps the best farmers' market in the state. The market is open Tuesday, Thursday and Saturday from May to October, and draws a crowd of hungry students from the nearby University of Arkansas. A popular brunch spot is **Tuesday's** (215 N. East Ave., ☎ 501-444-0383). Try the Mama C – scrambled eggs, asparagus and Parmesan cheese.

Heber Springs

Another scenic backroad north of Little Rock, State Route 25 takes you to the quaint town of Heber Springs. Be sure to the visit **Captain's House** (603 W. Quitman St., ☎ 501-362-3963) if you find yourself heading this way. Located in a restored 1915 Victorian house, the Captain's House serves healthy low-fat meals using locally grown foods.

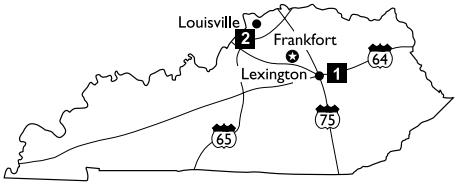
Leslie & Shirley

Two places of interest can be found in the Ozarks along Hwy. 65 north of Little Rock. In Leslie, you'll find **Serenity Farms** (Hwy. 65 at Main St., ☎ 870-447-3211), makers of the organic bread also found at many national organic food stores. Their bread is made with organic grains, distilled water and sea salt – no yeast is used in their bread-making process. Not far from Leslie along scenic Highway 9 is the small town of Shirley, home of a shiitake mushroom farm. (☎ 501-723-4443).

On the Side

If you want to hike in the Ozarks, there's no better way to go than to take a trip with **Ozark Ecotours** (☎ 870-446-5898) headquartered in Jasper. The tours go through some beautiful country and you'll get an environmental education as well.

Kentucky



1. Alfalfa Restaurant; Everybody's Natural Foods & Deli; Rainbow Blossom Natural Foods; Good Foods Co-op
2. Veggie Vault; Rainforest Café; Health & Harvest Natural Food Market; Amazing Grace Whole Foods & Nutrition Center; Grape Leaf Restaurant; Shariat's

Visitors to the Bluegrass State seeking healthy food options may find themselves in a quandary. With the exception of Louisville, there just aren't many veggie-friendly restaurants. Stick to natural foods stores or the plentiful farmers' markets for your nutritional needs.

Lexington

Centrally located in Kentucky's bluegrass region and home to the University of Kentucky, Lexington is a city with a great deal of Southern charm. There aren't as many vegetarian options here as in most college towns, but you'll find a few.

Alfalfa Restaurant (557 S. Limestone St., ☎ 606-253-0014) focuses on vegetarian and light meat dishes in a casual atmosphere. The eatery has an eclectic menu with various international specialties.

Organic groceries are easier to find. **Everybody's Natural Foods & Deli** (503 Euclid Ave., ☎ 606-255-4162), located near the University of Kentucky, has a mid-sized selection of organic foods and bin items. A deli serves sandwiches and salads, fresh juices and daily selections of vegetarian and vegan entrées. Two other natural food stores in town include **Rainbow Blossom Natural Foods** (Tates Creek Center, ☎ 606-273-0579) and **Good Foods Co-op** (439 Southland Dr., ☎ 606-278-1813).

Louisville

Louisville's claim to fame is the Kentucky Derby, the horse race run at Churchill Downs every year. The city is also the birthplace of the Louisville Slugger baseball bat – the regulation wooden bat used by major league baseball teams – which is still manufactured within the city limits.

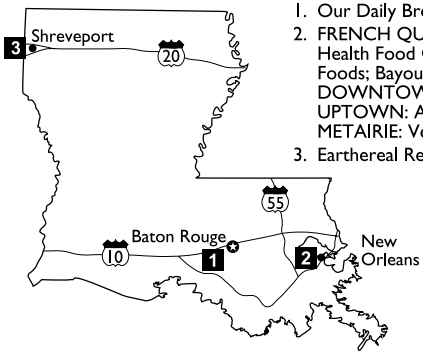
Although the tourist season only lasts for about a week (during the Kentucky Derby), Louisville has a preponderance of places to dine out. Restaurant prices run the gamut from dirt-cheap to expensive. You'll find vegetarian options in both price ranges.

Three inexpensive eateries serve light vegetarian meals for folks on the run. **Veggie Vault** (2113 Frankfort Ave., ☎ 502-897-3612) is 100% vegetarian, clearly marks vegan dishes and uses organic produce whenever possible. Vegan sandwiches such as the New York hero – a "meatball" sandwich with an organic tomato-based sauce, grilled onions and a vegan smoked provolone cheese – exemplify their menu offerings. **Rainforest Café** located in the **Health & Harvest Natural Food Market** (3030 Bardstown Rd., ☎ 502-451-6772) serves fresh salads, soups and wraps made from the organic produce for sale in the market. Similar to the Rainforest Café, **Amazing Grace Whole Foods & Nutrition Center** (1133 Bardstown Rd., ☎ 502-485-1122) has a sit-down area and serves hot organic vegan dishes to its food-store patrons.

For more relaxed evening meals, the **Grape Leaf Restaurant** (2217 Frankfort Ave., ☎ 502-897-1774) is an enticing option. The eatery offers unusual Middle Eastern fare, such as kushari, an Egyptian dish made of pasta, lentils, mushrooms, onions and fresh tomatoes. The Grape Leaf also serves breakfast – a rarity among Middle Eastern restaurants.

Without a doubt, the finest vegetarian dining in town is at **Shariat's** (2901 Brownsboro Rd., ☎ 502-899-7878). This intelligent, New American restaurant is truly a find. Although the menu contains many meat items, chef/owner Anoosh Shariat offers a nightly four-course vegetarian meal for $35. Call ahead for the night's menu.

Louisiana



1. Our Daily Bread
2. FRENCH QUARTER: Shalimar; Old Dog New Trick Café; Marty's Health Food Café & Coffeehouse; End Of The Rainbow Natural Foods; Bayou Ridge Café; Spicy Thai Siam Café
   DOWNTOWN: Apple Seed Shoppe; Back To The Garden
   UPTOWN: All Natural Foods; Eve's Market; Five Happiness
   METAIRIE: Vegetarian Shoppe; Taj Mahal
3. Earthereal Restaurant & Bakery; Good Life Health Foods & Deli

Although Louisiana was annexed from the French way back in 1803, the French influence is still strong. An attachment to food and drink still lingers here, especially in New Orleans where European revelry cuts through the Puritanism often found in other US cities.

Strict vegetarians and vegans will have a hard time here. Cream sauce and meat dishes come with the territory. On the other hand, partial vegetarians who eat seafood will enjoy the spicy crawfish, shrimp and fish Creole dishes for which the state is so famous.

Baton Rouge

Word has it that the only thing dirtier in Louisiana than the Mississippi River is its politicians. Whatever your opinion, Baton Rouge, named after the blood-stained stakes that native inhabitants would use to mark their territory, certainly has a colorful history. Find out more at the Baton Rouge Visitor Information Center at the State Capitol.

Vegetarians will do best to hit the local markets for fresh produce in Baton Rouge. Another option is **Our Daily Bread** (9414 Florida Blvd., ☎ 225-924-9910). As the name implies, the bakery pumps out a wide variety of daily breads. An attached store also provides hot lunches, sandwiches, salads, organic produce and a juice bar.

New Orleans

New Orleans is famous for its parties, whether it's Mardi Gras, the Jazz Festival, or any number of minor events in between. Good parties require good food, and the

city doesn't skimp here either. Unfortunately for the strict vegetarian, meat and especially seafood are an integral part of the culinary scene. You will find some surprises, however.

The French Quarter

The French Quarter is perhaps most famous for its late-night Bourbon Street bar crawls. But there is more to it than that. Just walking down Royal Street during the light of day reveals blocks of elegant French and Spanish colonial architecture. There are also a couple of museums worth a glance. The second floor of the Old US Mint building, located on the corner of Esplanade and Decatur streets, houses both the Jazz and Mardi Gras museums where displays show off masks, costumes and musical instruments. If you miss either Mardi Gras or the Jazz Festival, be sure you stop by one of the museums to get a feel for the color, if not the spirit of wild abandon, that these events represent.

One of the few places vegetarians can revel in the New Orleans decadence is at **Shalimar** (535 Wilkinson St., ☎ 504-523-0099). The Indian décor is typical (Kashmiri carpets and cloth paintings adorn walls accented with gold leaf), but the place has a touch of both New Orleans-style extravagance and Southern elegance that makes it unique. The added features don't come without a price; the restaurant is expensive. A word to the wise: the veggie dishes are made like everything else in this city – hot and spicy.

Feel a touch of the Florida Keys while kicking back at **Old Dog New Trick Café** (307 Exchange Alley, ☎ 504-522-4569). You'll miss Florida's cooling breezes as you sit outdoors in the hot and sultry French Quarter, but you'll enjoy the quick and light all-vegetarian fare. Items such as polenta stuffed with black beans and feta and grilled tofu with peanut ginger sauce make this a unique New Orleans find.

A couple of other health food stops in the French Quarter are **Marty's Health Food Café & Coffeehouse** (207 Dauphine St., ☎ 504-522-5222) and **End Of The Rainbow Natural Foods** (215 Dauphine St., ☎ 504-529-3429). Marty's features small coffee shop-style entrées of comfort food such as red beans and rice. Not all menu items are vegetarian, so ask for an ingredients list first. End of the Rainbow is a smallish natural foods store conveniently located near the more popular French Quarter hotels.

Picking up fresh produce in the French Quarter is a snap. An open-air **farmers' market** lies on Ursulines Street between St. Peter's Street and French Market Place. The market is open 24-hours a day. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

They say that the air is a little more humid in the southern end of the French Quarter, and although the Faubourg Marigny can get seedy in parts, it's also home to a lively clubbing scene and some classy restaurants. **Bayou Ridge Café** (437 Esplanade Ave., ☎ 504-949-9912) has a brilliant courtyard overlooking the Mississippi. Enjoy New American cuisine with a good number of vegetarian options such as the roasted portobello mushroom. Head next door for a taste of the Orient where you'll find **Spicy Thai Siam Café** (435 Esplanade Ave., ☎ 504-949-1750).

CBD & The Warehouse District

The CBD (or Central Business District) is the catchy name for New Orleans' downtown. Quick lunches are the focus of downtown eateries, and the **Apple Seed Shoppe** (336 Camp St., ☎ 504-529-3442) is no exception. The Apple Seed is best known for its quick service and killer salads. Call ahead for take-out.

After New Orleans held the World Fair near New Orleans' industrial warehouse district, a mix of artisans, bike messengers, and temporary employees began moving into converted live/work spaces in the area, giving it a Bohemian feel.

Plant-eaters in the neighborhood enjoy the devil-may-care **Back To The Garden** (920 St. Charles Ave., ☎ 504-522-8792) restaurant located in the YMCA hotel. The barest of surroundings envelop diners who enjoy its international, all-vegetarian breakfasts and lunches. The food here is the draw, not the atmosphere.

Uptown & Midtown

Heading west from the always busy French Quarter, things slow down in the lazy residential blocks of uptown New Orleans. But there's still plenty to do here. You'll find the New Orleans Museum of Art, as well as Tulane University and its famous medical facility in this section of town.

Two natural foods markets feed the neighborhood. **All Natural Foods** (5517 Magazine St., ☎ 504-891-2651) is well known for its over-stuffed sandwiches. The grocery serves a bounty of organic produce and supplies. Just outside the university is **Eve's Market** (7700 Cohn St., ☎ 504-861-1626), another good stop for fresh produce.

New Orleans isn't known for its Chinese food, but up busy Carrollton Avenue in Midtown is the large, always-crowded **Five Happiness** (3605 S. Carrollton Ave., ☎ 504-482-3935) restaurant.

Metairie

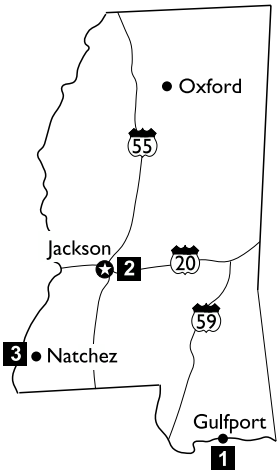
The eastern suburb of New Orleans houses the **Vegetarian Shoppe** (4201 W. Esplanade Ave., ☎ 504-454-2306), a great resource for all things vegetarian, including groceries, supplies and reading materials. The store is located on Esplanade Avenue near the water. According to the people, the most popular Indian restaurant in New Orleans isn't in New Orleans at all, but here in Metairie. **Taj Mahal** (923 Metairie Rd., ☎ 504-836-6859) is quick to point out that it has received the local "People's Choice" award many years running.

Shreveport

Shreveport has the feel of a frontier town with its casinos cashing in on big-spending Texans. Rough-and-tumble steakhouses are the norm in town, but you'll find a diamond in the rough at **Earthereal Restaurant & Bakery** (3309 Line Ave., ☎ 318-865-8947). Creative soups and salads as well as soymeat tacos and burritos are served in a funky atmosphere. Another option in town is **Good Life Health**

Foods & Deli (6132 Hearne Ave., ☎ 318-635-4753). The deli serves veggie burgers as well as other lunch standards.

Mississippi



1. Five Springs; Morning Market
2. High Noon Café; Rainbow Whole Foods; Advent Health Store
3. Healthy Planet Natural Foods Store

Things don't move very quickly in Mississippi. Whether it's the heat or the humidity is anyone's guess. Either way, you won't find much in the way of nouvelle cuisine in the state. Visitors with dietary needs should stick to markets and the fresh produce of local farmers.

Gulf Coast Area

Mississippi's beaches are well known in New Orleans as a breezy escape from the bayou's sultry weather. In Biloxi, stop at **Five Springs** (601 Washington Ave., ☎ 228-875-8882) for bulk grains and beans, macrobiotic foods, and items for your cooler. The town of Pass Christian is home to **Morning Market** (101 E. Market St., ☎ 228-452-7593), a good spot for farmer-direct produce.

Jackson

Whether you're passing through the state on your way up to the Mississippi Delta to visit Memphis and the Delta Blues Museum, heading southwest for Mardi Gras, or

simply racing northeast for more urban haunts, you're bound to pass through Jackson. If so, be sure to stop at **High Noon Café** (4147 Northview Dr., ☎ 601-366-1602). You'll find pizza, sandwiches, burritos and desserts alongside daily gourmet entrée specials. The place is 100% vegetarian, and during the week all dishes are vegan. A juice bar and bakery also inhabit the space.

A couple of good places in town to pick up groceries are **Rainbow Whole Foods Cooperative Grocery** (2807 Old Canton Rd., ☎ 601-366-1602), which features large organic produce and bulk foods sections, and the smaller but adequate **Advent Health Store & Eden Sunset Co-op** (2570 Bailey Ave., ☎ 601-362-9941).

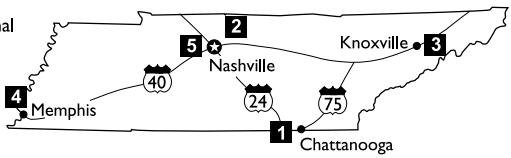
Natchez

Natchez is a historic Indian village that now houses several B&Bs and pilgrimage houses. It is also the start of the Natchez Trace parkway, which draws hundreds of cyclists eager to ride through forests, pastures, Indian mounds and ghost towns along the route. Visitors can collect health food items for the parkway at **Healthy Planet Natural Foods Store** (609 Franklin St., ☎ 601-445-9529).

Oxford

Travelers who find themselves confined for too long in the slow culture of Mississippi breathe a sigh of relief when discovering Oxford. Home to the University of Mississippi (better known as Ole Miss), the Center for the Study of Southern Culture, and William Faulkner's living quarters and gravesite, Oxford is one of the few literary strongholds in the state. Music fans should spend some time perusing the center's large blues and Elvis collections.

Tennessee



1. Country Life Natural Foods; India Mahal Restaurant; Only One Earth
2. Four Seasons Produce
3. Silver Spoon Café; Stir Fry Café; Natural & Organic Foods; Nature's Pantry; China Inn; Tomato Head; Knoxville Food Cooperative
4. La Montagne Natural Food Restaurant; Café Apocalypse; Brother Juniper's College Inn; Tsunami; Bombay Café; Saigon Le; Wild Oats Community Market; Green Grocer
5. MUSIC ROW: Peaceful Planet; Dancing Bear; Café Luna; Fido; Cheeseburger Charlie's
   NASHVILLE AREA: August Moon; Royal Thai; Baraka Bakery & Restaurant; Las Brisas; Sunshine Grocery; Harding Mall Health Foods; Orbit's Natural Life Health Food Store

Healthy food isn't the cuisine of choice in these parts. In fact, Tennessee's most popular entrée is the "Meat & Three" served in upscale and downscale joints alike. The "meat" is generally a chicken-fried steak smothered in gravy or BBQ, and the "three" are various sides of southern vegetables fried in heavy fat. Appeals to the server for just the "three" portion will work – after all, folks are friendly around here – but you might be viewed with some suspicion for the duration of your meal. Don't be surprised to hear, "You must be from California."

Nonmeat-eaters shouldn't let the lack of health food choices deter them from visiting this wonderful state. Tennessee is worth a visit for its music, not its food. Blues, rock and country music find their birthplaces in the state's back alleys. And of course, none other than the King himself haunted Tennessee's hills (and some say he still does).

Chattanooga

Chattanooga, Tennessee's fourth-largest city, has been working hard to put itself back on the map in recent years. A nice waterfront and a revitalized downtown are keys to the improvement.

There's not a whole lot here for nonmeat-eaters, but I have found a few places. **Country Life Natural Foods** (3748 Ringgold Rd., East Ridge, ☎ 423-622-2451) provides health food to go as well as a daily all-you-can-eat vegan buffet. Meanwhile, **India Mahal Restaurant** (5970 Brainerd Rd., ☎ 423-510-9651) is the hot spot for Indian food in the city.

For groceries, **Only One Earth** (340 Frazier Ave., ☎ 423-756-3466) has a good selection of organic produce, bulk foods and spices, and natural food items.

Hendersonville

Northeast of Nashville, stop at **Four Seasons Produce** (235 E. Main St., ☎ 615-264-0099) for organic produce and baby food. A juice bar and bakery dispense goodness to locals.

Knoxville

Set near the Great Smoky Mountains and the many man-made lakes of the Tennessee Valley Authority, Knoxville is a scenic city with much to offer outdoor enthusiasts. It is also home to the more than 25,000 students of the University of Tennessee, a population which keeps the city renewed with fresh ideas.

Kingston Pike heading from the west towards the university is a good place to look for natural food stores and restaurants. **Silver Spoon Café** (7250 Kingston Pike, ☎ 423-584-1066) serves Italian cuisine with three or four strict vegetarian entrées on their menu. Next door, **Stir Fry Café** (7240 Kingston Pike, ☎ 423-588-2064) serves American-ized Asian food in a funky, coffee shop-like atmosphere. Most items come with a vegetables-only or tofu option. A couple of blocks down, find bulk foods and organic produce at **Natural & Organic Foods** (7025 Kingston Pike,

☎ 423-584-8422). **Nature's Pantry** (6600 Kingston Pike, ☎ 423-584-4714) also provides organic produce and groceries. Closer to downtown, **China Inn** (6450 Kingston Pike, ☎ 423-588-7815) is an upscale Chinese joint. At first glance the menu seems full of meat, but you can substitute almost all items with seitan.

Downtown, not far from the University, **Tomato Head** (12 Market Sq., ☎ 423-637-4067) serves a variety of healthy international fare. Light Middle Eastern, European and South American specialties all fit the bill. Try the tofu enchiladas.

Knoxville's co-op is located just off I-40. **Knoxville Food Cooperative** (937 N. Broadway St., ☎ 423-525-2069) is an all-vegetarian natural food store with plenty of locally grown organic produce and bulk items.

Memphis

All things come through Memphis. Whether it's Elvis or a shipment of Brussel sprouts headed for Nebraska, Memphis is America's mid-way point. Huge FedEx warehouses have replaced much of Memphis' music industry, but Graceland and Beale Street still exist, even if it's mostly for the benefit of glassy-eyed tourists.

Vegetarians will be happy to discover **La Montagne Natural Food Restaurant** (3550 Park Ave., ☎ 901-458-1060; www.greenskies.net/lamontagne/) in Memphis. Ingredients are chosen carefully at La Montagne to ensure a natural eating experience. Dishes such as the tofitas fajitas are difficult to find elsewhere in Tennessee. Daily specials representing a different country are served nightly. Aside from the healthy aspect of the eatery, La Montague was named one of Memphis's most romantic restaurants.

Across the train tracks from the University of Memphis is **Café Apocalypse** (3573 Southern Ave., ☎ 901-452-8546), by far your best bet for cheap vegetarian eats. All veggie wraps and sandwiches are all priced at a reasonable $3.50. Bring your laptop to the café; Internet users abound. **Brother Juniper's College Inn** (3519 S. Walker Ave., ☎ 901-324-0144) is another Memphis bargain. Breakfasts and lunches include scrambled tofu dishes, salads and sandwiches.

If you've got extra cash to spend on an enlightened dining experience, the new Pacific Rim restaurant, **Tsunami** (928 S. Cooper St., ☎ 901-274-2556), is worth a visit. Soups, such as the butternut squash with apple and the tofu miso, jumpstart an electric feast. Be sure to ask about the vegetarian special of the day.

Accolades for the best inexpensive Indian in town go to the well-hidden **Bombay Café** (3700 Ridgeway Rd., ☎ 901-368-1002). Southern Indian specialties such as their vegan dosai please vegetarians and non-vegetarians alike. One-hundred-percent vegetable oil is used in all dishes, so you can count on a meat-free meal. Also popular is **Saigon Le** (51 N. Cleveland St., ☎ 901-276-5326), a Vietnamese restaurant.

The natural food stores in town are **Wild Oats Community Market** (5101 Sanderlin Rd., ☎ 901-685-2293; and 1801 Union Ave., ☎ 901-725-4823), which specializes in organic produce and has a well-stocked deli, and the **Green Grocer** (8344 Airways Rd., N. Southhaven St., ☎ 901-342-2862; and 3500 Goodman Rd., ☎ 901-280-7085).

Nashville

The country music capital of the world is a major tourist destination. People travel from around the world to spend an evening in the Grand Ol' Opry House, although some feel that the venue's performers have seen better days. Locals in the know skip Opryland's commercial glitz and head for Nashville's Music Row near Vanderbilt University. Young country hopefuls play with vitality in small clubs, trying to make the big time.

A word to the wise: Nashville's streets are hard to navigate. Fortunately, you're in the South, so you'll find the locals eager to lend a helping hand.

Like most of Tennessee, Nashville has a dining scene that's dominated by steakhouses and BBQ stands. With so much international influence here, however, you're bound to find some exceptions. And Music Row shows signs of joining Atlanta and Athens in defining the New South's alternative cuisine.

Music Row & Vanderbilt University

Both Music Row and the Vanderbilt University area are your best bets for healthy food options. **Peaceful Planet** (1811 Division St., ☎ 615-327-0661) is Nashville's only all-vegetarian restaurant. Located in a quaint old house, Peaceful Planet's lunch buffet emphasizes fresh vegetables with daily hot vegetable specials and a well-stocked salad bar. Diners are charged by the pound, with a typical meal costing $4-$6. Nearby on dilapidated Church Street lies the **Dancing Bear** (1805 Church St., ☎ 615-963-9900), featuring high-brow salads, pastas and Greek specialties in a casual environment.

Don't let **Café Luna's** (2009 Broadway St., ☎ 615-327-0700) past frighten you away. Formerly a carnivore's paradise, called Mack's, which served old-fashioned cheeseburgers and locally famous "Meat & Threes," Café Luna has been transformed into a rather eclectic place with South American and vegetarian influences. The place still retains hints of its former self, but the old Mack's Meat & Threes can still be ordered with or without the meat. **Fido** (1812 21st Ave. S, ☎ 615-777-FIDO) is the coffee shop that 20-something New Yorkers or San Franciscans thought they left behind. Thrown-together weekend brunches are the specialty here, complete with veggie sausages and tofu scrambles.

Only in Nashville can you include a place like **Cheeseburger Charlie's** (400 21st Ave. S, ☎ 615-327-0220) in a vegetarian guidebook. The name isn't entirely misleading: Charlie does serve up the usual cheeseburgers, but you'll also find black bean, wheat and barley, and mixed vegetable burgers on the menu.

Elsewhere in Nashville

Nashville is chock-full of ethnic eateries. Listed here are some of the local favorites. For Chinese, Nashville voted **August Moon** its favorite. Three locations are dispersed throughout the metropolitan area (116 Wilson Pike, ☎ 615-371-1999; 4000 Hillsboro Pike, ☎ 615-298-9999; and 7075 Hwy. 70 S, ☎ 615-646-5333). Another local "chain" is **Royal Thai** (204 Commerce Rd., ☎ 615-255-0821; and 210 Franklin Pike, ☎ 615-376-9695), which leaves its mark on those who like it hot. Out of the

way for visitors, but popular among folks in the neighborhood, is **Baraka Bakery & Restaurant** (5596 Nolensville Rd., ☎ 615-333-9285), featuring falafel and other Middle Eastern vegetarian plates. Near downtown, **Las Brisas** (27 The Arcade, ☎ 615-255-6343) provides Nashville with healthy Mexican fare.

Sunshine Grocery (3201 Belmont Blvd., ☎ 615-297-5100) is something of an institution in Nashville with its workers moving on to open many of Nashville's more open-minded eating establishments. It houses Nashville's largest selection of organic foods and produce and features a natural foods deli and juice bar. Other natural foods stores in town include **Harding Mall Health Foods** (Harding Mall Shopping Center, ☎ 615-834-3770), one of the few places in town to buy meat substitutes and proteins, and **Orbit's Natural Life Health Food Stores**, primarily a vitamin shop with three locations (601 S. Main St., Goodlettsville, ☎ 615-859-3544; 11966 Lebanon Rd., ☎ 615-758-9392; and 171 N. Mt. Juliet Rd., ☎ 615-754-7722).

On the Side

If you haven't found what you're looking for in Nashville as far as eateries go, City Search's Nashville Web site has a good section on vegetarian restaurants. Check them out at www.citysearch.com/nas.

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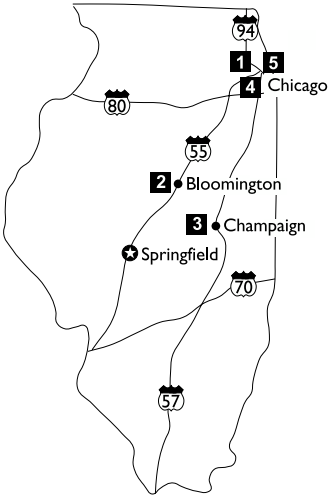
The Midwest

Illinois



1. Capeweed Vegetarian Restaurant
2. Coffeehouse & Deli; Common Ground Grocery
3. New World Café; Basmati Middle Eastern & Indian Cuisine; Common Ground Food Co-op; Natural Gourmet; Strawberry Fields Natural Foods Market
4. THE LOOP: Russian Tea Time
   GREEKTOWN: Pegasus Restaurant & Taverna
   MAGNIFICENT MILE: Pattie's Heart-Healthy; Foodlife; Star Of Siam; Bukhara
   RIVER NORTH: Earth Restaurant; Gaylord India Restaurant
   LINCOLN PARK: John's Place
   LAKEVIEW & BELMONT: Chicago Diner; Amitabul; Addis Abeba; Mama Desta's Red Sea; Voltaire
   ROGERS PARK: Heartland Café; Kopi, A Traveler's Café; Udupi Palace; Reza's Restaurant; Café Selmarie
   CHINATOWN: Vegetarian Garden Restaurant
   SOUTHSIDE: Soul Vegetarian
5. Blind Faith Café

Without Chicago, Illinois is a rather ordinary agricultural state. Its center is fertile farmland with just enough undulation to distinguish it from the miles of flat land in the Great Plains to the west. With Chicago, Illinois becomes a dynamic state with the advantages of both a slow-paced country life and an energetic city life.

Vegetarians visiting Illinois can benefit from the two sides of Illinois. Farmers' markets and roadside vegetable stands abound in the state's heartland, while in Chicago, upscale organic dining, vegetable-based café culture, and loads of ethnic restaurants are available for nonmeat-eaters.

Arlington Heights

With a 20-page menu and an extensive juice bar selection, you can order just about anything imaginable at **Capeweed Vegetarian Restaurant** (1035 S. Arlington Heights Rd., ☎ 847-640-9554) located out in Chicago's suburb of Arlington

Heights. Indian, American, Italian, Middle Eastern and Mexican specialties are all there for the choosing.

Bloomington & Normal

One of the first stops along the historic Route 66, Bloomington and Normal have their share of old truck stops and Dairy Queens. Illinois State University is also located nearby. The **Coffeehouse & Deli** (114 E. Beaufort St., Normal, ☎ 309-452-6774) is the local spot for having a light vegetarian meal or just hanging out.

Natural food groceries can be found along the main strip in Bloomington at the **Common Ground Grocery** (516 N. Main St., Bloomington, ☎ 309-829-2621).

Champaign & Urbana

East of Bloomington, Illinois State's rivals, the Fighting Illini, compete in the classrooms and playing fields. The town has a good number of restaurant options for vegetarians, including the **New World Café** (625 E. Green St., Champaign, ☎ 217-344-1844), a friendly café near the University of Illinois Medical Center. Also near the campus is **Basmati Middle Eastern & Indian Cuisine** (302 S. 1st St., Champaign, ☎ 217-351-8877).

Natural food stores nearby include **Common Ground Food Co-op** (403 S. Wright St., Champaign, ☎ 217-352-3347), **Natural Gourmet** (2215 S. Neil St., Champaign, ☎ 217-355-6365), and **Strawberry Fields Natural Foods Market** (306 W. Springfield Ave., ☎ 217-328-1655).

Chicago

With more than 2½ million people, Chicago is America's third-largest city and one of its most important. It has been called the most American of cities, with all the vitality of a New York, San Francisco or Los Angeles, but without all the attitude accompanying their specialized industries. Chicago is also a tough city. It's had it share of struggles over the decades, with fires, issues of race and poverty, and those lake-effect snows that constantly blanket the city in winter.

Sightseers visiting Chicago are blessed. The city's elite throughout the years have been uncharacteristically generous, spending ungodly sums on the arts. The Chicago Art Institute is spectacular, as are the countless public sculptures scattered throughout the city's Loop district. Architecture has also been an important factor in Chicago's growth and popularity. Some of the world's most unique buildings lie along Chicago's downtown riverfront.

Chicago's restaurant scene borrows features from both its sensible Midwest surroundings and the more refined tastes of the two coasts. BYOB is a common practice in most inexpensive and mid-range restaurants – a convenience for those who enjoy a drink or two, but can't swallow the usual restaurant markup. Alcohol seems to be an important player in even the most health-conscious meal; even the city's vegan restaurants have a couple of beers on their menus. Unfortunately, smoking is also per-

mitted in most eateries. Vegetarianism is well understood in Chicago (if occasionally scoffed at), and waiters are eager to satisfy dietary requests. There is a welcome variety of vegetarian options in this city. Upscale organic restaurants, inexpensive Seattle-style cafés, and an A-to-Z of ethnic eateries are all represented.

Chicago has a slew of **farmers' markets** that are currently being heavily marketed by the city. The times and locations are a little complicated, and the markets haven't quite caught on, but with all the attention being paid to farmers' markets these days, they should soon. Most of the markets run from June through August. For market listings in the area, see *Farmers' Markets* at the end of this guide.

The Loop

Chicago's downtown area became known as The Loop when the city's elevated mass transit system was installed. The "L" train loops around the city center rather than having a central depot. Most of the city's tourist attractions are in the area, including the world-renowned Art Institute of Chicago, several open-air public sculptures (by such famous figures as Pablo Picasso and Joan Miro), Grant Park, and Soldier Field (home of the Chicago Bears).

Office workers and tourists clear out of The Loop after work, and the majority of restaurants seem to cater to the hot-dog-eating, in-a-hurry businessman. The night scene, however, is just beginning to pick up with the renovation of several of Chicago's older theaters.

Russian Tea Time (77 E. Adams St., ☎ 312-360-0000) is an all-hours downtown tradition. A lush red décor, piped-in Russian folk songs, and a waitstaff enthusiastic to the point of bursting makes Russian Tea Time both fun and unique. A somewhat-pricey menu contains Russian specialties with plenty of well-marked vegetarian and vegan options. A word to the wise for those expecting a quiet night out: the restaurant's patrons tend to drink a bit more vodka than tea.

Greektown

The scent of olives, lemons and garlic invades the area west of The Loop and across the South Branch of the Chicago River. Amongst a sea of Middle Eastern possibilities, you'll find the spacious and sunny **Pegasus Restaurant & Taverna** (130 S. Halsted St., ☎ 312-226-3377). The colorful atmosphere, reasonable prices and good vegetarian selection make this a favorite. During the summertime, there's live music on the rooftop patio.

The Magnificent Mile

Shoppers come from around the world to hit the shops and boutiques on North Michigan Avenue just north of the Chicago River. Upscale art galleries are hidden in renovated warehouses in alleyways off the main strip.

There are a range of restaurants in the area to tempt the hungry traveler. **Pattie's Heart-Healthy** (700 N. Michigan Ave., ☎ 312-751-7777) is perfect for a quick bite. A walkway along the main strip leads to this tiny sandwich stand with only a few tables. Muffins, croissants and vegetarian focaccia sandwiches are dispensed efficiently

to office workers on the run. Another unique, only-in-Chicago lunch spot is located in Water Tower Place, right next to the historic Water Tower. **Foodlife** (835 N. Michigan Ave., ☎ 312-335-3663) is an enormous food court with 13 stations. A number of these have healthy options including the "Stir-Fry Heaven" station, a Mediterranean stand and a juice bar. Upon entering, a hostess hands you a card that you swipe as you grab various goodies. At the end of an international feast, a cashier totals your card, you pay your $5 to $8 bucks, and off you go.

Regulars are many at **Star Of Siam** (11 E. Illinois St., ☎ 312-670-0100). The eatery serves reasonably priced Thai food in a larger-than-life setting. Tables are crowded together in both its upstairs and downstairs dining rooms. The large crowds and wait list tell why. For Indian with a twist, try **Bukhara** (2 E. Ontario St., ☎ 312-943-0188). A bar in the front of the restaurant is as popular as the restaurant, where you can sit and watch the chefs slave over traditional tandoori clay ovens. The restaurant offers a generous lunch buffet for the business crowd.

River North

Heading west from the Magnificent Mile, you'll encounter Chicago's restaurant strip, which has hundreds of tourist traps, including the Hard Rock Café, a rock-and-roll McDonald's, and the inappropriately named Rainforest Café. (As in, "We're burning down the rain forest in order to feed the tons of cattle being consumed at this place.") The strip along Ohio and Ontario streets is best avoided by vegetarians.

Farther west, the neighborhood suddenly transforms from neon glitz to understated elegance. Huron, Franklin and Superior streets are the home to half of Chicago's art galleries, along with hair salons, boutiques and some of the city's finest restaurants. **Earth Restaurant**, an organic foods establishment featured below, is in this neighborhood, as well as **Gaylord India Restaurant** (678 N. Clark St., ☎ 312-664-1700), a rather nondescript Indian restaurant in a good location with reasonable prices.

EARTH RESTAURANT, 738 N. Wells St., Chicago, ☎ 312-335-5475. Price: $$ Lunch; $$$ Dinner. New American, organic produce, vegan options. Hours: Lunch served Monday through Saturday, 11:30am-2:30pm; Dinner, Tuesday through Thursday, 5:30pm-9pm; Friday and Saturday, 5:30pm-10pm.

Environmentally conscious to a fault, Earth's dining room is a study in modern design. Scrap wood from a recently demolished building was used for their hardwood floors, and recycled medals used to make tiny tables. Halogen lighting, potted fig trees and bowls of goldfish complete the scene.

A long list of complex salads grace the dinner menu, including the sweet and bitter sunchoke and watermelon radish salad served with red clover sprouts and a champagne vinaigrette. Although free-range chicken and seafood dishes dominate the entrée list, a couple of vegan dishes always stand out. One night's selections included a vegetable stew made with an autumn blend of sautéed apples, sweet potatoes, winter greens and olives. Brown rice and roasted squash were served on the side.

Lincoln Park

The residents of Lincoln Park pay a pretty penny for their apartments and flats, and they take full advantage of it. The neighborhood is alive with joggers and dog walkers at all times of the day. Visitors will enjoy a stroll through the wide streets.

A good neighborhood deserves a good neighborhood eatery, and **John's Place** (1202 W. Webster Ave., ☎ 312-525-6670) certainly fits the bill. The restaurant is renowned for its attention to the origin of its food. Organic and locally grown produce are the rule rather than the exception. Try entrées such as the main grain or the veggie burrito.

Lakeview & Belmont

Less wealthy than Lincoln Park but just as neighborly, Lakeview is many small enclaves in one. Though residential on its east and west, the central Belmont Street strip is a slew of trendy clothes stores, restaurants and clubs for the city's youth. The area around Halsted Street is known as Boys Town, Chicago's gay district. Farther north, the Lakeview neighborhood blends into Wrigleyville, famous as the home of those perennial losers, the Chicago Cubs.

The gay crowd's surefire hangover cure is the **Chicago Diner** located on Halsted Street (reviewed below). Scores of low- to mid-range international restaurants line Clark Street, easily accessible from either the Belmont and Addison "L" stations. **Amitabul**, featured below, is located here. Others include **Addis Abeba** (3521 N. Clark St., ☎ 312-929-9383), a creative Ethiopian restaurant with a dark, romantic atmosphere. For something spicy try the timatim fitfit – injera sautéed in jalapeños. A second Ethiopian restaurant, **Mama Desta's Red Sea** (3216 N. Clark St., ☎ 312-935-7561), is also in the neighborhood. At Clark Street and Belmont, **Voltaire** (3231 N. Clark St., ☎ 773-528-3136) is ideal for taking in the local scene. Starving artist-types hang out at the funky hand-painted tables and chairs. The café has a simple but satisfying vegetarian menu, with easy snack items such as veggie burgers and nachos. A basement hosts underground theater performances.

AMITABUL, 3418 N. Southport Ave., Chicago, ☎ 773-472-4060. Price: $$. Korean, 100% meatless, vegan options. Hours: Monday through Friday, 11am-10pm; Saturday, 9am-10pm; Sunday, 10am-8:30pm.

A short walk from the L train in Chicago's Lakeview district lies Chicago's premier vegan restaurant. Amitabul, which means "awakening" in Buddhist sanskrit, is indeed an eye-opener in the middle of meat-loving Chi-town.

An awakening is also what you might have if you order an entrée too hot for your tastes. Be warned that the "hot" option is indeed that. Even at the medium level, you'll get a kick of cayenne in one of Amitabul's nutty entrées – almonds and walnuts mixed with bok choy, green beans, bean sprouts, Japanese radish, and other vegetables over dairy-free wheat noodles with a spicy plum sauce. Their soups are renowned for their sheer volume. Bring your scuba gear when trying to get to the bottom of a bowl of "oceans of health" soup – smooth and mild with fresh seaweed, a ton of vegetables, whole wheat noodles, and tofu.

Typical of Chicago restaurants, Amitabul has a good selection of beers and wines to add cheer to your meal. What's not so typical is the smoke-free environment.

CHICAGO DINER, 3411 N. Halsted St., Chicago, ☎ 773-935-6696. Price: $$. Vegetarian, 100% meatless, vegan options. Hours: Monday through Friday, 11am-10pm; Saturday and Sunday, 10am-10pm.

"Don't have a cow!" reads the menu at the Chicago Diner, the most un-diner diner in the country, where traditional eggs over-easy, greasy hamburgers and hot dogs are replaced by free-range omelettes, tempeh burgers, and the "yes doggie dog" tofu hot dog. Non-vegan dishes are clearly marked and substitutions for milk and cheese are offered on the menu.

Weekend mornings bring in a gregarious, after-a-night-on-the-town crowd. The red-brick interior with original artwork seems the perfect backdrop for a lengthy brunch. The harried staff can barely handle the hungry masses that are still waiting for tables at three o'clock on a Sunday.

Complex vegetable scrambles lead a pack of fun breakfast dishes. One entrée consists of tempeh mixed with chilies, peppers and onions, spiced with ginger and fennel. Fresh sliced green apples with cinnamon are served on the side. Add one of the diner's vegan muffins to any order; the banana nut muffins are excellent.

Chicago Diner has another location at 581 Elm Pl., in Highland Park, ☎ 847-433-1228.

Rogers Park

Chicago's best kept secrets are the Victorian homes and grand apartment buildings tucked away in Chicago's northernmost lakefront neighborhood, Rogers Park. Northwestern and Loyola University students flock to rent apartments in what is, surprisingly, still one of Chicago's low-rent districts.

With the students come cheap cafés and restaurants – the neighborhood has its share of good ones. **Heartland Café**, featured below, is out this way. **Kopi, A Traveler's Café** (5317 N. Clark St., ☎ 773-989-5674) is the ultimate itinerant travel writer's hangout. Collections of travel guides line walls of makeshift bookshelves, providing inspiration. Those more interested in food than coffee will find plenty of vegetarian salads and sandwiches on which to graze.

A gem of a find for vegetarians, **Udupi Palace** (2543 W. Devon Ave., ☎ 312-338-2152) serves all-vegetarian, mostly vegan South Indian cuisine in a non-smoking environment. Although the menu sounds granola, the sleek décor demonstrates vegetarianism's modern sensibility. Masala dosai crêpes served with potatoes and onions are spicy and flavorful while the badam halva – an appetizer made with ground almonds – ensures a protein-filled meal. On the subject of appetizers, **Reza's Restaurant** (5255 N. Clark St., ☎ 773-561-1898) keeps its patrons happy with free baskets of pita bread served with a plate of feta cheese, radishes and parsley. A large vegetarian sampler with tabbouli, baba ganouj and hummus, and a glass of reasonably priced Chardonnay is a gourmet's dream. A second location can be found in the River North Gallery District (432 W. Ontario St., ☎ 312-664-4500).

West of Rogers Park, **Café Selmarie** (2327 W. Giddings St., ☎ 312-989-5595) has a small dining room for coffee-sipping and snacking. Quaint lunch items like the

blue cheese walnut terrine are the choice of the café's literati. Pleasant plaza seating is available in the summer.

HEARTLAND CAFE, 7000 N. Glenwood Ave., Chicago, ☎ 773-465-8005; www.heartland-cafe.com. Price: $-$$. American, vegan options. Hours: Monday through Friday, 7am-10pm; Saturday and Sunday, 8am-midnight. (Bar open until 2am Sunday through Friday, and until 3am on Saturday.)

Heartland Café is perhaps better known for its myriad community events than its great food. Located in a sprawling space in Rogers Park near the Lakeshore campus of Loyola University, Heartland Café features two bars, an alternative bookstore, a large dining room with a stage, and an outdoor patio for good weather. A constant stream of performers, nightly bands, poetry readers, artists and photographers display their talents at all hours and days of the week. One photography exhibit examined the lives of Mexican indigenous tribes.

Breakfasts are quiet after the revelry of the night before, but don't let the emptiness fool you. Unusual combinations such as a honeyed apple, raisin and cheese omelette blend the best of morning flavors. Wash it down with a cup of java and soy milk. On Saturday mornings from 9 to 10am the radio station WLUW does a live talk show from the Heartland. Topics include music, culture and politics.

Dinner items at Heartland include the artichoke-stuffed spinach ravioli, served with your choice of sauces (the spinach-basil pesto is excellent), and the Macro Plate – brown rice, beans, steamed greens, mushroom gravy and gomashio. Save some room for dessert – Heartland makes some wonderful homemade desserts. On our visit, choices included blueberry-strawberry-cherry pie, apple cobbler, and carrot cake. Be sure to ask your server for vegan options.

Chinatown

Chicago's Chinatown is lucky to have **Vegetarian Garden Restaurant** (237 W. Cermak Rd., ☎ 312-949-1388), a Chinese restaurant with a cute storefront that serves faux meat dishes in the Buddhist tradition.

Southside

The vibrant, primarily African-American neighborhoods of Chicago's Southside are the home of some of the best soul food in the country. Vegetarians cringe at the words: after all, fat-laden chicken-fried steak can hardly be good for the soul. But you'll be surprised at what creative chefs can think up.

At **Soul Vegetarian** (205 E. 75th St., ☎ 312-224-0164), you can order all your soul food favorites. Vegetarian ribs, chicken-less noodle soup, and spaghetti with battered tofu are all on the menu. And don't skip the Garvey Burger, named after the famous human-rights activist Marcus Garvey.

Chicago Area Natural Foods Markets

A Natural Harvest
7122 S. Jeffrey Blvd., Chicago
☎ 773-363-3939

Fruitful Yield
7003 Cermak Rd., Berwyn
☎ 708-788-9103

Fruitful Yield
5005 Oakton St., Skokie
☎ 847-679-8882

Fruitful Yield
214 N. York St., Elmhurst
☎ 630-530-1445

Fruitful Yield
229 E. Roosevelt Rd., Lombard
☎ 630-629-9242

Fruitful Yield
2129 63rd St., Downers Grove
☎ 630-969-7614

Fruitful Yield
154 S. Bloomingdale Rd., Bloomingdale
☎ 630-894-2553

Fruitful Yield
175 W. Golf Rd., Schaumburg
☎ 847-882-2999

Fruitful Yield
4334 Fox Valley Center Dr. #E, Aurora
☎ 630-585-9200

Fruitful Yield
902 N. Lake St., Aurora
☎ 630-897-3490

Fruitful Yield
302 S. Mclean Blvd. #B, Elgin
☎ 847-888-0100

Here's Health
22 W. Maple, Chicago
☎ 312-397-1501

It's Natural
324 N. Michigan Ave., Chicago
☎ 312-269-0618

Kind Mart
2049 W. Division, Chicago
☎ 773-782-1760

Life Spring Health Food & Juice Bar
3178 N. Clark, Chicago
☎ 773-327-1023

Nature's Way Health Store
8504 S. Stony Island Ave., Chicago
☎ 773-721-6611

Southtown Health Foods
2100 W. 95th Ave., Chicago
☎ 773-233-1856

Whole Foods Market
1000 W. North Ave., Chicago
☎ 312-587-0648

Wild Oats Community Market
764 S. Buffalo Grove Rd., Buffalo Grove
☎ 847-419-9080

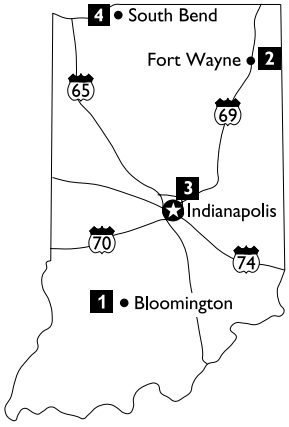
Evanston

Chicago's northern suburb of Evanston has more in common with a city than a suburb. With a walkable downtown and a college atmosphere, Evanston is lively at all hours.

Three blocks south of Evanston downtown is one of the state's oldest vegetarian restaurants. Although the décor of the **Blind Faith Café** (525 Dempster St., ☎ 847-328-6875) is undeniably a throwback to the 1970s, its food is definitely not. A revolving menu starts with appetizers such as the cornmeal-crusted tofu cakes served with shaved onion in a red wine sauce. Unique international entrées are unusual additions to the Chicago culinary scene. Try the mu-shu-seasoned tempeh with zucchini, carrots, red peppers, baby corn and bean sprouts, served with plum sauce and Manda-

rin pancakes; or the Caribbean fricassee, stewed seitan and potatoes with crispy plantains served over steamed rice. Desserts such as a whole wheat apple cake with warm caramel sauce are made fresh daily.

Indiana



1. Laughing Planet Café; Norbu Café
2. Three Rivers Co-op Natural Foods & Deli
3. Essential Edibles Café & Market; Bazbeaux; Georgetown Natural Foods; Good Earth Natural Food Store
4. Cornucopia Restaurant; Malabar

Tourism is not a big industry in Indiana, a state where hard work and pragmatism are valued above all else. Although the low, rolling hills of the Ohio River Valley are attractive, there's not much to hold the attention of a visitor for long. The major attractions in the state are its sports events, most notably the Indianapolis 500 and University of Indiana basketball.

There aren't any excellent finds in Indiana for vegetarians, but you can get by on a few veggie-friendly restaurants, natural food stores and farmers' markets.

Bloomington

Forty-five miles south of Indianapolis is the lively college town of Bloomington, home of the University of Indiana and the famed Hoosier basketball team. The town also has a hopping music scene; check the local weekly for details.

Vegetarians should look no further than the **Laughing Planet Café** (322 E. Kirkwood Ave., ☎ 323-2233) for edibles. Located on the second-story of a 100-year-old stone mansion, The Laughing Planet has character galore. The menu is simple and oh-so-inexpensive. California-style burritos are the specialty and come with easy-to-eat instructions. Homemade salsas range from green, tangy mild to a stick-your-head-in-a-bucket, pure habañero paste.

Students tired of cafeteria food spend a lot of time on Kirkwood Avenue and East 4th Street at any one of the many ethnic eateries. Browse the menus posted on the outside windows and take your pick. A favorite for vegetarians is **Norbu Café** (415 E. 4th St.) that serves a unique brand of Tibetan cuisine.

Fort Wayne

Fort Wayne is Indiana's second-largest city and is located in the northeast corner of the state. Pick up groceries at **Three Rivers Co-op Natural Foods & Deli** (1126 Broadway St., ☎ 219-424-8812).

Indianapolis

As the capital and largest city of Indiana – not to mention the intersection of an ungodly number of interstates – travelers are sure to pass through Indianapolis. Fortunately, the thoughtful renovation of Indianapolis' downtown area in the 1980s and 1990s has made it worth your while. The city's commercial sector has gone through a major upswing: businesspeople will find excellent services and meeting rooms near the Circle Centre.

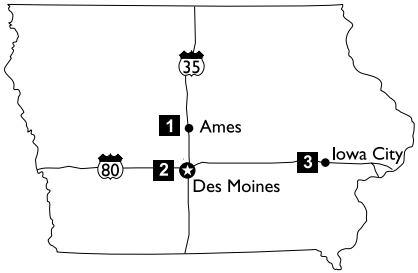
The premier vegetarian destination in Indianapolis is **Essential Edibles Café & Market** (303 N. Alabama St., ☎ 317-266-8797). The restaurant receives rave reviews for its creative international dishes served in a semi-formal environment. A seasonal menu changes every two or three months. Take-out is available at the market and deli. Downtown, the popular **Bazbeaux** (334 Massachusetts Ave., ☎ 317-636-7662) serves gourmet pizzas with plenty of vegetable options.

For natural food groceries, **Georgetown Natural Foods** (4375 Georgetown Rd., ☎ 317-293-9525) has all the amenities, including organic produce, a juice bar, a soup and salad bar and a full-service deli. The supermarket-sized **Good Earth Natural Food Store** (6350 Guilford Ave., ☎ 317-253-3709) is another excellent place to pick up fruits and veggies. The store has a large selection of bulk items, including pastas and grains.

South Bend

The home of the Notre Dame Fighting Irish, South Bend is known for its rabid football fans and its deathly cold winters. For traditional vegetarian food, try the **Cornucopia Restaurant** (303 S. Michigan St., ☎ 219-288-1911). The restaurant has a standard menu of soups, salads and veggie burgers. For something exotic, try the **Malabar** (1640 South Bend Ave., ☎ 219-282-2977) just off the Notre Dame campus. Southern Indian curries are served in an upscale environment.

Iowa



1. Reiman Gardens; Café Lovish; Pizza Kitchens
2. Taste Of Thailand; Sheffield's Restaurant; Campbell's Nutrition; New City Market
3. Masala Indian Vegetarian Cuisine; Panchero's Mexican Grill; New Pioneer Co-op

It's pretty safe bet to say that most travelers who find themselves in Iowa are just passing through, racing across I-80 to Chicago or heading up I-35 to Minneapolis. For the unfortunate drivers who never leave the freeway, the state isn't much other than 56,000 square miles of cornfields, billboards and eighteen-wheelers.

Those who do exit the highway will find friendly people and some curious tourist stops. The quaint Madison County bridges, made famous in the novel (and subsequent movie) by Robert James Waller, lie just south of Des Moines. The house that was used in the iconic painting *American Gothic* can be found in the small town of Eldon, south of I-80 near Des Moines. And "Trekkies" will be amused to find the "future" birthplace of James T. Kirk, captain of the Starship Enterprise, in Riverside, Iowa. Every year on March 21, Star Trek fans converge on this small town 20 miles south of Iowa City for "Trek Fest," a commemoration of Captain Kirk's birthday to take place in the year 2228.

The best way for vegetarians to survive in Iowa is to stop at any one of the hundreds of farmers' markets on market day and collect a fresh supply of locally grown fruits and vegetables. Meeting small farmers in this setting can be an excellent education.

Ames

North of Des Moines along Interstate 35 lies the college town of Ames, home of Iowa State University. If you're interested in herb growing, be sure to visit **Reiman Gardens**, a horticulture display area on the campus with various well-marked specialty gardens.

Two restaurants near the campus have excellent choices for vegetarians. **Café Lovish** (2512 Lincoln Way, ☎ 515-292-9900) has an eclectic international menu with veggie burritos, non-meat burgers and stir-fry. For gourmet pizza with a good selection of vegetables, head to the **Pizza Kitchens** (120 Hayward Ave., ☎ 515-292-1710).

Des Moines

Iowa's capital, and its most populated city, is a happy sight for the road-weary. Vegetarians will be pleased to find a few noteworthy veggie-friendly eating establishments in town. By far the most interesting of the bunch is **Taste Of Thailand** (215 E. Walnut St., ☎ 515-243-9521). The restaurant was mentioned in *The New York Times* and *USA Today* when politicos discovered the place during the Iowa caucus. The owner of the restaurant has a master's degree in political science and does monthly polls of his customers. These informal "TOT Polls" have become yardsticks for the presidential elections. Enjoy the tom kha soup, and don't forget to drop off a ballot at the door.

For traditional natural food items, try the casual **Sheffield's Restaurant** (10201 University Ave., ☎ 515-224-6774). The eatery offers lunch items such as soups, salads, sandwiches and pizza. For health food, **Campbell's Nutrition** (4040 University Ave., ☎ 515-277-6351) has a good selection; you can also pick up a sandwich at their deli. Another natural food store is **New City Market** (4721 University Ave, ☎ 515-255-7380).

Anyone interested in farming history in the Americas should take a tour at **Living History Farms** (2600 111th St., Urbandale, ☎ 515-278-5286). Three farm sites – a 1700s Iowa Indian village, an 1850s pioneer farm, and a 1900s horse-powered farm – are still run as they were during their respective time periods. On-site interpreters in historical clothing explain the agricultural methods as you stroll along the walking trails. A multimedia presentation completes the picture with a look at 20th-century farming practices.

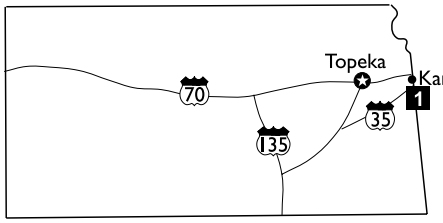
Iowa City

Iowa's other university town is a convenient stop for travelers heading either direction on Interstate 80. As Iowa's intellectual center, the University of Iowa is home to the nationally acclaimed Iowa Writers' Workshop.

Hungry authors-to-be head to **Masala Indian Vegetarian Cuisine** (9 S. Dubuque St., ☎ 319-338-6199) located downtown. The restaurant offers an all-vegetarian lunch buffet in the afternoon and various vegetable curries and tandoori breads in the evening. **Panchero's Mexican Grill** (32 S. Clinton St., ☎ 319-338-6311) offers a healthy spin on traditional Mexican cooking. Homemade tortillas and fresh salsas are served with no-lard bean and rice or chargrilled vegetable burritos.

The local food cooperative is the **New Pioneer Co-op** (22 S. Van Buren St., ☎ 319-338-9441). Pick up locally grown produce and bulk items.

Kansas



1. See listings under Missouri on page 147 for restaurants in this area.

When Katherine Lee Bates wrote *America the Beautiful* in 1893, the amber waves of grain she sang of were indeed the fields of Kansas. Miles and miles of farmland stretch from one end of the Great Plains of Kansas to the other.

As is true of most of the Great Plains states, there isn't much here for the vegetarian. The agriculturalist, however, will be quite pleased at all the rural markets where fresh fruits and vegetables are sold in abundance. Keep in mind, though, that "organic" isn't in the dictionary in Kansas, and that animal-rights activists are thrown out with the bath water. Just enjoy the local culture here; don't try to change it.

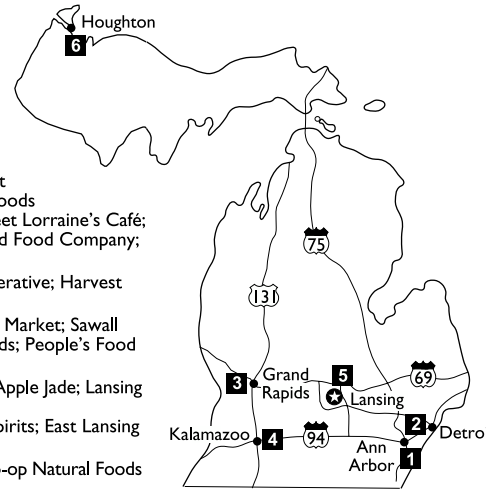
For restaurants in **Kansas City, Overland Park**, and **Prairie Village**, see listings in Missouri beginning on page 147.

Michigan

Michigan gets the nod as the "least boring" of the Midwest states. With 3,200 miles of shoreline lining the Great Lakes and three national parks, Michigan is a dreamland for nature-lovers. On its sandy beaches, inland lakes and state forests, you'll find over 20,000 campsites – by far the most in any state. May through October are the months to visit. The weather turns cold in November and remains so into April.

Michigan has yet to wake up to vegetarianism, but the savvy traveler won't have any problems. There are a number of good restaurants in Detroit, as well as in the college towns of Ann Arbor and Lansing. And just about every city and decent-sized town in the state has a farmers' market. The Lake Michigan coastline is particularly good for picking up in-season produce during the summertime.

1. People's Food Co-op; Sweet Lorraine's Café; Seva; Earthen Jar; Chia Shiang Restaurant; Arbor Farms Natural Foods Market; Whole Foods Market
2. Govinda's; Traffic Jam & Snug; Blue Nile; Eastern Market; Sprout House; Cass Corridor Food Co-op
   FARMINGTON HILLS: Anita's Kitchen; Merchant Of Vino; Whole Foods Market
   ROYAL OAK: Inn Season Café; Nutri-Foods
   ELSEWHERE AROUND DETROIT: Sweet Lorraine's Café; O M Café; Himalaya Dining Room; Good Food Company; Goodbody's
3. Gaia Coffeehouse; Eastown Food Cooperative; Harvest Health Foods
4. Cosmos Cucina; Just Good Food Deli & Market; Sawall Health Foods; Apple Valley Natural Foods; People's Food Co-op
5. Beggar's Banquet; Clara's; Brick House; Apple Jade; Lansing City Market
   EAST LANSING: Small Planet Food & Spirits; East Lansing Food Co-op; Foods For Living
6. Marie's Deli & Restaurant; Keweenaw Co-op Natural Foods & Grocery



Ann Arbor

Part suburb, part college town, Ann Arbor (located west of Detroit along Interstate 94) has a healthy combination of Midwestern hospitality and youthful restlessness. The Kerrytown commercial area, just north of downtown, has been enjoying a renaissance since the addition of its **Farmers' Market** – held 7am-3pm on Wednesday and Saturday along Detroit Street. Quality fresh produce is shipped in from the orchards and berry fields of the Lake Michigan shore. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

Art enthusiasts should come out on Sundays when a craft market is held in the same location. If you miss the market times, you can still get organic produce at the nearby **Peoples Food Co-op** (216 N. 4th Ave., ☎ 734-994-9174). A branch of the lunchtime favorite, **Sweet Lorraine's Café** (303 Detroit St., ☎ 734-663-3354), a friendly neighborhood bistro, is also located on the Kerrytown strip.

Most college towns have plenty of cheap-eats vegetarian spots, but only a few have a gourmet vegetarian restaurant like **Seva** (314 E. Liberty St., ☎ 734-662-1111). Dishes like the walnut mushroom pasta and the spicy jerk tofu with red beans and rice look and taste marvelous in Seva's evening glow. Recent changes, such as an extra dining area and an outdoor deck, should add to the appeal.

Another all-vegetarian favorite is **Earthen Jar** (311 S. 5th Ave., ☎ 313-327-9464). Serving homemade Indian food, the Earthen Jar draws in Deadheads and starving students with its casual buffet-style meals, its communal seating and its reasonable pay-by-the-pound prices. Ann Arbor's string of unique ethnic eateries continues at the Taiwanese **Chia Shiang Restaurant** (2016 Packard Rd., Pittsfield Township, ☎ 734-741-0778). On weekends, vegetarian dim sum, spring rolls and potstickers are brought from table to table until 3pm.

Two large natural food stores grace Ann Arbor. The **Arbor Farms Natural Foods Market** (2215 W. Stadium Blvd., ☎ 734-996-8111) lies on the west side of

town just off the interstate. A franchise of **Whole Foods Market** (2398 E. Stadium Blvd., ☎ 734-971-3366), complete with a juice bar and deli, is located east of the university.

Detroit

In Detroit, economic turbulence is as natural a disaster as earthquakes are in California. No other city has gone through as many ups and downs as Detroit. The boom cycle started with the birth of the automobile, and between 1905 and 1924 well-paid immigrants filled the assembly lines for Henry Ford's auto factories. The Great Depression in 1929 crippled the industry, sending its workers into poverty. The plants came back online during World War II when the city became a major supplier of military equipment, and the city's outlook was rosy once again.

The 1960s brought more turbulence when crime rates and racial violence escalated. The emergence of Motown music, with such big names as The Supremes, The Temptations, Diana Ross and Stevie Wonder, lifted spirits but wasn't enough to keep the middle class from deserting downtown for the safer suburbs.

Although the current population is half of what it was in its heyday, Detroit in the late 1990s seems to be back on the upswing. The renovation of the 50,000-seat, 1928 Fox Theatre has brought people back downtown, and its theater district to the national forefront. Crime has been declining, and neighborhoods like Grosse Point and Greektown are seeing a resurgence in popularity.

Vegetarianism isn't very common in Detroit, but it's not impossible to find. The diamond in the rough for visitors is **Govinda's at the Fisher Mansion** (383 Lenox St., ☎ 313-331-6740), located along a canal near the Grosse Point District. The 1927 mansion of Lawrence Fisher, heir of one of Detroit's great industrialists, was purchased in the 1970s at basement prices by the Hare Krishnas, who turned the mansion into a museum, retreat center and restaurant. The Krishnas offer tours of the mansion itself, which features lavish decorations in a variety of styles – Moorish, French Villa and Italian Renaissance are the most prominent. The mansion's formal dining room serves as the restaurant's location, which is open Friday through Sunday during summer. Currently, the all-vegetarian *prix fixe* dinners are a remarkably inexpensive $8. The menu changes daily; Indian curries are common fare. Govinda's homemade desserts are reportedly divine. Be sure to save room.

Popular with Detroit's theater-goers, **Traffic Jam & Snug** (511 W. Canfield St., ☎ 313-831-9470) has become a local tradition. Unhappy with their suppliers and being independent sorts, TJ's original owners decided to do things themselves. Over time they built their own bakery, dairy and brewery right on the premises. Vegetarian dishes are eclectic and span years of experimentation. Old favorites are the mashed potatoes with pumpkin and the white cheddar macaroni and cheese. You will also find newer, modern dishes such as a dried cherry and pecan salad. Strict vegetarians, be warned that TJ's is by no means a vegetarian restaurant: there's lots of meat on the menu.

Another downtown favorite near the theaters is **Blue Nile** (508 Monroe St., ☎ 313-964-6699). Reviving the long-forgotten art of simplicity, this Ethiopian restaurant has two options on their menu: the all-you-care-to-eat vegetarian plate with collard greens, cabbage, yellow peas, red lentils and green lentils; and a similar dish with meat for the unenlightened. Circular tables encourage a communal meal.

If Detroit has a tourist destination, it's the **Eastern Market** (2934 Russell St., ☎ 313-833-1560). A tradition dating back to the 1890s, two large warehouses and outdoor open-air stalls are filled with farmers and shoppers bartering over goods. Although the specialty shops in the market are open every day, Saturday is the big day when early birds show up before dawn to pick out the freshest vegetables. The market hasn't changed much in a century; its antique signs still hang over the huge hall on Russell Street.

Large health food stores are hard to come by in the Detroit area. Try **Sprout House** (15233 Kercheval St., ☎ 313-331-3200) located in Grosse Point Park right on Lake St. Clair. They specialize in macrobiotics and offer a full line of organic produce, bulk beans and grains. Another option is **Cass Corridor Food Co-op** (4201 Cass Ave., ☎ 313-831-7452).

Farmington Hills

The huge sprawl of Detroit's suburbs has plenty to offer vegetarians willing to venture out. Low-priced Middle Eastern fare is available at **Anita's Kitchen** (31005 Orchard Lake Rd., Farmington Hills, ☎ 810-855-4150). They also have a location in Southwest Oakland County (110 W. Maple Rd., Troy, ☎ 248-362-0680). For a large selection of natural foods, look no further than the three suburban stores of the **Merchant Of Vino** which were recently bought out by **Whole Foods Market** chain (27640 Middlebelt Rd., Farmington Hills, ☎ 248-473-7600; 2880 W. Maple Rd., Troy, ☎ 248-649-9600; and 1404 Walton Blvd., Rochester Hills, ☎ 248-652-2100). All locations have a take-out deli.

Royal Oak

Just off Main Street in lively Royal Oak, **Inn Season Café** (500 E. Fourth St., ☎ 248-547-7916) has been serving international vegetarian specialties for over 18 years. True to their name, the restaurant pulls in locally grown produce for many of their menu items. The subtle building exterior masks an elegant and tranquil setting. Though the restaurant advertises that it is all-vegetarian, there are several seafood items on the menu. No smoking is allowed on the premises.

On the main strip, **Nutri-Foods** (120 S. Main St., ☎ 248-541-6820) is a good-sized health food supermarket that specializes in macrobiotic foods.

Elsewhere Around Detroit

Sweet Lorraine's Café (29101 Greenfield Rd., Southfield, ☎ 248-559-5985) is a long-time favorite. Innovative lunches such as Lorraine's special salad – pears, blue cheese, hazelnuts and dried cranberries tossed together with a mustard, white wine and tarragon vinaigrette – are the café's hallmark. A lively interior with French theater posters and other memorabilia helps draw in a good-sized crowd. More on the grungy side, **O M Café** (23136 N. Woodward Rd., Ferndale, ☎ 313-548-1941) has a macrobiotic bent. Vegetarian and vegan dishes are served in a non-smoking environment. Worth a trip over the bridge into Canada is the **Himalaya Dining Room** (841 Ouellette, Windsor, ☎ 519-258-2804). The Canadian cross-over is immediately

noticeable in the pace of service, as servers and diners alike take their time over Indian curries with a modern influence.

A number of natural food stores in the area are also worthy of mention. **Good Food Company** has two locations (42615 Ford Rd., Canton, ☎ 734-981-8100; and 74 W. Maple Rd., Troy, ☎ 248-362-0886), which feature a juice bar, a deli, a small café, and a well-stocked bookstore in addition to the usual supply of organic produce and gourmet groceries. In Southfield, **Goodbody's** (25849 Lahser Rd., Southfield, ☎ 248-356-0223) carries macrobiotic groceries. A juice bar and deli is available for food-on-the-run.

Grand Rapids

Grand Rapids is a hard-working, industrial city best known as the headquarters for Steelcase and Herman Miller, two large players in the furniture industry. Locals don't spend much time out on the town. **Gaia Coffeehouse** (209 Diamond SE, ☎ 616-454-6233) saves the day for vegetarians. This small coffee shop serves heaping portions of its macrobiotic plate and vegetarian hash.

For organic groceries, head to **Eastown Food Cooperative** (1450 Wealthy SE, ☎ 616-454-8822) or one of **Harvest Health Foods** locations (1944 Eastern SE, ☎ 616-245-6268; and 6807 Cascade Rd. SE, ☎ 616-975-7555).

Kalamazoo

A lively town with an active gay community, a burgeoning pharmaceutical industry, a number of small colleges and plenty of historic neighborhoods, Kalamazoo is no longer the butt of all jokes.

A restaurant suggestion for veggie eaters is **Cosmos Cucina** (804 W. Vine St., ☎ 616-344-5666), located in historic Kalamazoo. It's an older building with stained-glass windows and an outdoor patio for summer *al fresco* dining. Locally grown produce and homemade pastas grace the menu selections.

Kalamazoo has plenty of natural food store selections to choose from, including the large **Just Good Food Deli & Market** (303 N. Rose St., ☎ 616-383-1033), which serves up huge sandwiches and salads made from scratch. Open since 1936 is **Sawall Health Foods** (2965 Oakland Dr., ☎ 616-343-3619). A small café and juice bar are located in the back. Other local options are **Apple Valley Natural Foods** (6749 S. Westnedge St., ☎ 616-329-1611) and **People's Food Co-op** (436 Burdick, ☎ 616-342-5686).

Lansing

Michigan's capital is a cross-section of Michigan with its automobile workers, government employees, local farmers and Michigan State University students. Lansing's downtown area remains semi-deserted after the decline in the automobile industry, but the outskirts of the city, as well as the university grounds in East Lansing, are still busy.

Quantity, not quality, is emphasized at Lansing eateries – expect large amounts of decent food at good prices. One of the most popular restaurants in town is **Beggar's Banquet** (218 Abbott Rd., ☎ 517-351-4540). Students mingle with state representatives in this huge space decorated with sculptures and paintings from local artists. A large menu includes a number of vegetarian items such as the "vegomatic" sandwich.

Housed in a large, restored Victorian train station, **Clara's** (637 E. Michigan Ave., ☎ 517-372-1720) is more like a museum than a restaurant. Vintage memorabilia such as old train schedules and antique sheet music grace the walls. A 16-page menu is chock-full of soup, salad and dinner entrées with a sufficient number of veggie options. For Sunday brunch, locals head to the **Brick House** (311 E. Grand River, Lansing, ☎ 517-372-3659). Located in Lansing's Old Town, The Brick House makes its country-style breakfasts from scratch. Call for daily specials. For Chinese, **Apple Jade** (300 N. Clippert St., ☎ 517-332-1111) is a good option for vegetarians.

Lansing's City Market (333 N. Cedar St., ☎ 517-483-4300) is one of the best in Michigan. On Tuesdays, Thursdays and Saturdays vendors sell fruit and vegetables, as well as prepared foods. Tables are set up indoors and there are benches at a picnic area near the river, for those who'd like to sample their cache right away.

East Lansing

Near the university, you'll find **Small Planet Food & Spirits** (220 Mac Ave., ☎ 517-351-6230), a casual eatery with excellent international entrées. Natural food stores in the area include the **East Lansing Food Co-op** (4960 Northwind Dr., ☎ 517-337-1266), with the area's largest selection of organic produce. Discounts are offered for members. Smaller but more centrally located is **Foods For Living** (2650 E. Grand River, East Lansing, ☎ 517-324-9010) store.

Southwestern Michigan & The Gold Coast

Lake Michigan's 300-mile shoreline, with its immense fresh-water sand dunes and golden sunsets, is a popular tourist destination. The area also provides bumper crops of apples, strawberries, cherries, blueberries, plums and grapes during the summer months. If you're driving through, be sure to stop at one of the many roadside stands.

Upper Peninsula

The oft-forgotten Upper Peninsula (U.P.) of Michigan is an outdoors-lover's dream. Heavily forested and isolated, the U.P. is home to more bears and wolves than humans. The area's stunted mining industry left hundreds of ghost towns. The folks that do still live up here enjoy unparalleled privacy and beauty.

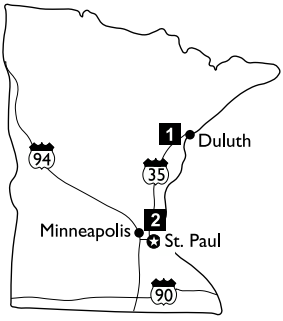
Houghton & Hancock

Named by *Outdoor Magazine* as one of the next wave of American dream towns, this small pair of localities on the Keweenaw peninsula is definitely unique. With steep streets to rival San Francisco's, an unusually large ethnic population for the region, and the mining college of Michigan Tech, Houghton/Hancock is a miniature Northern Exposure. The town is also the starting point for the ferry to Isle Royale, the nation's most remote and least visited National Park.

Locals are lucky to have **Marie's Deli & Restaurant** (518 Shelden Ave., ☎ 906-482-8611). The cheery owner knows nearly everyone in town. Authentic Lebanese food includes spinach pies, sandwiches and salads.

Hikers heading to the park should stop by the **Keweenaw Co-op Natural Foods & Grocery** (1035 Ethel Ave, ☎ 906-482-2030) for reasonably priced organic vegetables. The grocery is located up the hill from town off of US 41.

Minnesota



1. Taste Of Saigon; Whole Foods Co-op
2. DOWNTOWN: Café Brenda; Sawatdee
   WEST BANK: Triple Rock Social Club; Odaa Restaurant; St. Martin's Table
   SEWARD: Seward Community Co-op; Seward Community Café; Birchwood Café
   LYNDALE: Good Life Café; Mudpie Vegetarian Restaurant
   EDINA: Good Earth; Lotus Vietnamese

Glaciers formed the over 10,000 lakes that dot the Minnesota countryside. Anyone who's spent a winter in Minnesota will wonder how those glaciers melted at all.

Kidding aside, "The Land of 10,000 Lakes" is a friendly, progressive state with not much to offer the tourist, but plenty to appease residents and business travelers. Its major metropolitan area and state capital, Minneapolis/St. Paul is the most modern city in the region: architecturally, with an array of glass buildings; and intellectually, by way of the largest university in the Midwest.

The hinterlands in the north and west portion of the state don't have much to offer nonmeat-eaters, but Minneapolis makes up for it. You'll find excellent college digs as well as a world-class natural foods restaurant.

Duluth

Duluth maintains an upbeat attitude despite the cold and foggy conditions that permeate in the city for most of the year. Duluth is a hard-working city with one of the busiest ports in the nation. Its residents take time to play, too. Former factories and freight depots have been converted to restaurants and entertainment venues all along the waterfront.

In the Canal Park district, with a view of the Aerial Lift Bridge which connects the city to its neighbor (Superior, Wisconsin) to the south, lies the local favorite, **Taste Of Saigon** (394 S. Lake Ave., ☎ 218-727-1598). It offers traditional Thai food in a meat-and-potatoes town.

For natural and organic groceries, **Whole Foods Co-op** (1332 E. 4 St., ☎ 218-728-0884) has a good selection. A vegetarian deli serves soups, salads and hot entrées for carry-out.

Minneapolis

Ultra-sleek Minneapolis is a city coming of age. The 50,000+ students attending the University of Minnesota keep the city young and active. Minneapolis boasts more theaters, dance companies and concert venues than anywhere in the US outside of New York. Despite the cold winters, the restaurant industry is growing rapidly. Quality New American restaurants are springing up all over the Warehouse District. Meanwhile, the student areas of the East and West Bank have a number of vegetarian eateries that have been thriving since the '60s.

Downtown & the Warehouse District

Like many downtowns, Minneapolis has recently renovated its warehouse district, turning old brick storage spaces into dance clubs, restaurants and artists' lofts. Featured below, **Café Brenda** is one of the nation's premier natural foods establishments, and inhabits a gorgeous space in the neighborhood. Another ultra-hip eatery is the pan-Asian **Sawatdee** (118 N. 4th St., ☎ 612-373-0840). Dishes such as the tofu with cashews or the spicy noodles with holy basil leaves are served in a chic, long, thin space with high ceilings. The lion's share of items on the menu have a vegetables-only or tofu option.

CAFE BRENDA, 300 1st Ave. N, Minneapolis, ☎ 612-342-9230. Price: $$-$$$. Organic produce, vegan options. Hours: Lunch, Monday through Friday, 11:30pm-2:00pm; Dinner, Monday through Thursday, 5:30pm-9pm; Friday and Saturday, 5:30pm-10pm.

Like its peers the Seward Co-op and Mudpie, Café Brenda has been a fixture in Minneapolis for some time. Unlike the others, though, Café Brenda has evolved from its downhome roots into one of the more celebrated vegetarian-oriented restaurants in the country. The restaurant occupies an airy, lightly decorated space in the downtown Warehouse District. Elegant but not

pretentious, Café Brenda draws both casually dressed yuppies and an older, health-conscious crowd.

Start your meal with the "caspian" – two dips (one of hummus, the other of red peppers, walnuts and pomegranates) served with pita bread, raw vegetables and olives. The wild mushroom pistachio pâté also looks excellent. Vegans can head straight for the sozai – a macrobiotic plate of organic brown rice, natto miso, savory ginger maple red beans, organic broccoli, arame (seaweed), marinated tofu, red cabbage salad, and baked yams. The special asparagus leek tart was a bit of a disappointment. More of a quiche than a tart, it was heavy on the eggs, and the leeks weren't too flavorful. Brenda Langton, the head chef and owner, was out for the week when I visited; I suspect the specials missed her presence.

Café Brenda has an abundant wine list. Try a glass of the house organic red, Côtes du Ventoux, or ask your server about the day's wine specials. (They usually go well with the daily entrée specials.)

West Bank

Cut off from the main University of Minnesota campus by the Mississippi River, Minneapolis' West Bank could just as easily be called its Left Bank. Alternative theaters, bookstores and music venues are a dime a dozen on the post-modern, graffiti-lined Cedar Avenue strip.

Vegetarian restaurants seem to die and re-sprout with the seasons along this strip. Currently, **Triple Rock Social Club** (see review below) occupies prime real estate on the far end of the strip. Urban punk meets East Africa at **Odaa Restaurant** (408 Cedar Ave. S, ☎ 612-338-4459). This student hang-out serves vegetable pastas and pâtés on communal trays. Don't be afraid to use your fingers. The ultimate penance for a night on Cedar Avenue is a lunch at **St. Martin's Table** (2001 Riverside Ave., ☎ 612-939-3920). Homemade whole-grain breads, vegetable soups and divine sandwiches will bring even the worst sinner back to health. The restaurant is committed to supporting local charities and has stacks of books devoted to social justice issues.

TRIPLE ROCK SOCIAL CLUB, 629 Cedar St., Minneapolis, ☎ 612-333-7399. Price: $-$$. Vegan options. Hours: Open daily, noon-1am.

Triple Rock isn't the place to sit and sip your tea in a Zen-like trance; it's essentially a punk rock club with five or six booths for dining. But if you listen to the Melvins, drink whiskey, and eat soy cheese, this fun, noisy little place will feel like home. It's not too rowdy; straight-edges will enjoy the joint too.

The staff admits that they've been self-indulgent. The rock-and-roll owners simply stacked the menu with their favorite dishes. The result is that Triple Rock has bar food you've always dreamed of. Quickies such as hummus, garlic mashed potatoes, and nachos (can be made with soy cheese) are good snack food. For something more serious, the colcannon is Triple Rock's take on a traditional Irish dish – a mountain of mashed potatoes, cabbage, peas, garlic, corn, onions, and either veggie sausage or tofu topped with malt vinegar. The menu suggests getting a pint of Guinness to complete the package. Also recommended is the new-fangled meatless loaf – a 100%

vegan, soy-based loaf with mashed potatoes and gravy. Punk rock vegans in Minneapolis? You betcha.

Seward

South of I-94 in a commercial strip off the main drag, you'll find **Seward Community Co-op** (2111 E. Franklin Ave., ☎ 612-338-2465), a great place to find organic and locally grown produce at student prices. **Seward Community Café** down the street serves awesome all-vegetarian breakfasts.

Another neighborhood favorite is the country-themed **Birchwood Café** (3311 E. 25th St., ☎ 612-722-4474) located just a couple of blocks from Riverside Park. A blackboard spells out the day's specials: sandwiches on homemade bread, soups and salads.

Lyndale

Lyndale is a smart, middle-class community in southeastern Minneapolis. Teachers and young families inhabit the small houses on Nicolette and Lyndale avenues.

A popular neighborhood meeting place is the cozy, 100% vegetarian **Good Life Café** (3544 Grand Ave. S, Minneapolis ☎ 612-824-5433). Organic soups and salads, as well as whole-grain pizzas, are served for lunch and dinner. The Sunday brunch is also a popular affair with a varied menu that includes special pancake and omelette dishes. Also in the neighborhood is **Mudpie Vegetarian Restaurant**, which is featured below.

MUDPIE VEGETARIAN RESTAURANT, 2549 Lyndale Ave. S, Minneapolis, ☎ 612-872-9435. Price: $$. 100% meatless, vegan options. Summer hours: Monday through Thursday, 11am-10pm; Friday, 11am-11:30pm; Saturday, 10am-11:30pm; Sunday, 10am-10pm. Winter hours: Monday through Thursday, 11am-9:30pm; Friday, 11am-10:30pm; Saturday, 10am-10:30pm; Sunday, 10am-9:30pm. Vegan breakfast: Saturday and Sunday, 10am-2pm.

An oldie but goodie, Mudpie has survived its way into the 21st century without changing too much. The same country walls, deep wood booths, and tiny dining areas that were 1970s chic are still here. The service is a bit newer – youngish thrift store junkies working at the Mudpie for the summer. If grunge isn't your thing, don't worry: they display the same unfazed easiness and patience that makes Minnesotans special. They'll tell you what's in the food, or, if they're not sure, scamper off and find out for you.

Food at the Mudpie is a mostly vegan, international mumbo-jumbo. You may order dishes on the "small side" to be cost-effective, on the "large side" if you're hungry or want to share, or the "dinner," which comes with a soup or salad, bread and a beverage. The pesto and pasta is my personal favorite – a flavorful combination of red onions, garlic, mushroom, green and red pepper, homemade pesto and spinach fettuccine. (Ask for the soy mozzarella to make it vegan.) Another favorite is the Middle-Eastern plate – falafel balls, hummus, tahini, tabbouli and an avocado dip. Pita bread is served on the side for dipping. The waitress warned me that the tofu stroga-

noff was a bit bland. It was. But some folks swear by the combo of mushroom, onion, baked tofu and low-fat sauce served over your choice of rice or pasta. If you're there on a hot summer day, don't miss the oatscream for dessert.

Breakfasts on Saturday and Sunday are totally vegan. On another note of interest, the Mudpie veggie burger is homemade and is shipped nationally. Don't miss out if you're here for lunch!

Edina

In Edina, south of the airport between St. Paul and Minneapolis, you'll find a branch of California's **Good Earth** chain (Galleria Mall, 3460 Galleria, ☎ 612-925-1001), famous for its spicy cinnamon-orange tea and its fruit-focused breakfasts. There is another location in Roseville (1901 W. Hwy. 36, ☎ 651-636-0956).

When the temperature dips below 0°F in Minneapolis, people don't venture out much. I suppose that explains the popularity of the **Lotus Vietnamese** chain. The popular take-out joint serves a wide variety of tofu or gluten mock meat dishes, perfect during the winter when meatless dishes are hard to come by. With five locations, it's almost guaranteed you'll find an outlet in your neighborhood (1917 Cliff Rd. E, Burnsville, ☎ 612-890-5573; 3037 Hennepin Ave., Victoria Crossing, ☎ 612-825-2263; 867 Grand Ave., St. Paul, ☎ 651-228-9156; 313 SE Oak St., ☎ 612-331-1781; and 113 W. Grant St., ☎ 612-870-1218).

Minneapolis Area Natural Foods Markets

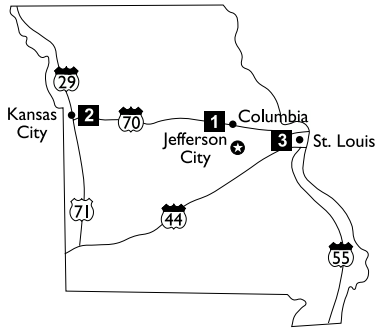
Cayol Natural Foods
811 LaSalle Ave., Minneapolis
☎ 612-339-2828

Seward Co-op Grocery & Deli
2201 Franklin Ave. E, Minneapolis
☎ 612-338-2465

Wedge Community Co-op
2105 Lyndale Ave. S, Minneapolis
☎ 612-871-3993

Missouri

Missouri is a popular destination with a good mix of urban and rural attractions. St. Louis to the east and Kansas City to the west are both entertainment centers with quality jazz and blues music scenes and plenty of fine restaurants. The Mississippi and Missouri rivers provide ample scenery throughout the state, while the small town of Branson has become the Ozarks' answer to Nashville.



1. International Café; Clover's Natural Market
2. DOWNTOWN: Blue Bird Café; Red Dragon House
   WESTPORT: Jerusalem Café; Papagallo; Eden Alley; Wild Oats Community Market
3. DOWNTOWN: Tangerine
   SOULARD: Obie's; Soulard Market
   FOREST PARK: Govinda's
   UNIVERSITY LOOP: Café Natasha; Fitz's Soda Bar & Grill; The Red Sea; Saleem's; Brandt's Market & Café

Columbia

Along the Interstate 70 corridor, linking St. Louis and Kansas City, is a pleasant college town of 70,000 residents. Students looking for a veggie burger head to the **International Café** (209 Hitt St., ☎ 573-449-4560).

For organic groceries, **Clover's Natural Market** has two locations, (802 Business Loop 70 E, ☎ 573-449-1650; and 2100 Chapel Plaza Ct., ☎ 573-445-0990).

Kansas City

Kansas City, or KC as it is affectionately known among locals, is the last stretch of civilization before hitting the Great Plains of the West. The bustling farm-distribution center houses loads of restaurants and jazz venues for Midwesterners seeking respite from rural woes.

Though not plentiful, there are enough healthy restaurants and natural food stores in town for a vegetarian to get by. BBQ is the food of choice in KC, and not the wheat gluten kind.

Downtown

On the Westside of downtown near the City Gardens, **Blue Bird Café** (1700 Summit St., ☎ 816-221-7559) offers wonderful, light lunch and weekend brunch fare. Omelettes, pancakes and salads are made from organic fruits, vegetables and grains grown in the Gardens. The menu is mostly vegetarian with some free-range chicken and seafood dishes. Also downtown, **Red Dragon House** (312 W. 8th St., ☎ 816-221-1388) is one of the city's favorite Chinese restaurants.

Westport & Country Club Plaza

Saxophones wail and stomachs are fed on Westport Road in KC's nightlife district. For cheap eats, **Jerusalem Café** (431 Westport Rd., ☎ 816-756-2770) can't be beat. A quick falafel sandwich before hitting the clubs is your best bet, although the atmosphere leaves much to be desired. For Italian food in a pleasant atmosphere, try **Papagallo** (3535 Broadway, ☎ 816-756-3227).

A Kansas City vegetarian secret is little **Eden Alley** (707 W. 47th St., ☎ 816-561-5415). Located in a church basement, the full-service restaurant serves inventive vegetarian soups, salads and entrées.

For natural foods in the neighborhood, head to **Wild Oats Community Market** (4301 Main St., ☎ 816-931-1873).

St. Louis

St. Louis has been dubbed "The Gateway to the West" as symbolized by the 630-foot-high Gateway Arch that hovers over the Mississippi River. The city also has strong ties to the South with its powerful grassroots blues scene.

The St. Louis food scene shares much in common with New Orleans, both cities having been heavily influenced by the French in the 19th century. Although dairy- and seafood-rich comfort food is the norm, St. Louis' love for food extends to vegetarian cuisine as well. There are plenty of vegetarian options throughout the city.

Downtown & Riverfront

Downtown St. Louis is alive with office workers, shoppers and sports fans during the day, and theater-goers and music enthusiasts at night. Restaurants are scattered throughout the downtown area.

The city is lucky to have the recently opened **Tangerine** (1405 Washington Ave., ☎ 314-621-7335) restaurant. Creative international dishes and takes on American favorites are served in an airy, modern environment. The menu, which changes weekly, features locally grown, in-season produce. The restaurant offers only seafood and vegetarian dishes and can accommodate vegans.

Soulard

Creole cooking is king in St. Louis' French Quarter. Fortunately for those avoiding shellfish, you can have a veggie burger and still soak in the Cajun atmosphere. At **Obie's** (728 Lafayette Ave., ☎ 314-231-2401) you'll find vegetarian traditionals such as portobello mushroom sandwiches, black bean chili and giant burritos.

Obie's is just across the street from the much-loved **Soulard Market**. Produce from Missouri's farmland is piped in Wednesday through Saturday. On Saturdays, a guest chef from one of the city's top restaurants prepares a menu from produce purchased at the market.

Forest Park

The beautifully landscaped 1,300-acre Forest Park on St. Louis' West Side is home to a number of local attractions including the St. Louis Museum of Art, the St. Louis Zoo, the History Museum, and the Science Center.

Between downtown and the park, you'll find **Govinda's** (3926 Lindell Blvd., ☎ 314-535-8085), the local branch of the Hare Krishnas. All-vegetarian Indian curries are served in a peaceful, new-age environment. Call ahead for hours.

University City Loop

The historic neighborhood bordering Washington University is full of student-oriented businesses including several inexpensive, vegetarian-friendly restaurants. Along the Delmar Boulevard commercial strip, you'll find **Café Natasha** (6623 Delmar Blvd., ☎ 314-727-0419), a small, family-owned operation serving Persian dishes with plenty of non-meat options. Next door it's hard to miss **Fitz's Soda Bar & Grill** (6605 Delmar Blvd., ☎ 314-726-9555). The huge, tacky blue exterior reveals an equally dramatic two-story interior full of brewing equipment for Fitz's housemade root beer. Although there are plenty of American heavy-on-the-meat dishes, there are also a good number of vegetarian pastas and salads. A second Fitz's location can be found in the western suburb of Chesterfield (14810 Clayton Rd., ☎ 314-230-2900).

A block down from Fitz's is **The Red Sea** (6511 Delmar Blvd., ☎ 314-863-0099), an Ethiopian restaurant serving traditional East African stews. Also on the street is **Saleem's** (6501 Delmar Blvd., ☎ 314-721-7947), a Lebanese restaurant serving Middle Eastern specialties. The vegetarian combination plate is comprised of creamy hummus, falafel balls and sautéed eggplant.

For slightly more upscale dining, **Brandt's Market & Café** (6525 Delmar Blvd., ☎ 314-727-3663) undergoes a nice evening transformation with live jazz performances and candlelit tables. A fine selection of wines goes well with various Indian and Asian entrées. During the day, the market sells hard-to-find ethnic ingredients such as Thai peanut sauce and Indian spices.

St. Louis Area Natural Foods Markets

Golden Grocer
335 N. Euclid Ave., St. Louis
☎ 314-367-0405

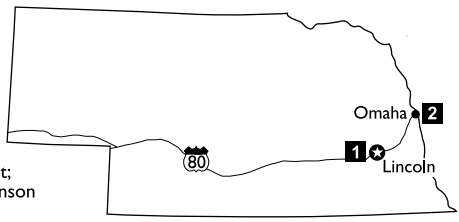
Golden Grocer
15483 Clayton Rd., Ballwin
☎ 314-207-8600

Golden Grocer
559 North & South Rd., St. Louis
☎ 314-862-0777

Wild Oats Market
8823 Ladue Rd., St. Louis
☎ 314-721-8004

Nebraska

1. Green Gateau Café & Patisserie; The Oven; Asian Palace; Greatful Bread; Open Harvest Natural Foods Grocery; Akin's Natural Foods Market
2. McFoster's Natural Kind Café; Dazy Maze; Tamam; Indian Oven; Thai Pepper; Ahmad's; Community Natural Foods Co-op; Broadmoor Market; Grainery Whole Foods Market; Jane's Benson Health Market; No Name Nutrition



The heart of the Great Plains, Nebraska is a quiet place. Farming and raising cattle are the principal industries in the state, and the population is spread out accordingly. The two population centers of Omaha and Lincoln on the east end of the state are the principal stops for travelers. Farmers' markets blanket the state, although organic farming hasn't taken hold here on a grand scale and cattle are sold at many of the markets.

Lincoln

Nebraska's state capital, as well as the home of the University of Nebraska, Lincoln is a young, active city with some worthwhile sights. The Web site for Lincoln's Convention and Visitors Bureau (www.lincoln.org/cvb) provides good information for tourists including a number of half-day, self-guided tours for travelers with a little time to kill.

Impressing mom is easy at **Green Gateau Café & Patisserie** (330 S. 10th St., ☎ 402-477-0330). Afternoon tea and home-baked breads are available in the Green Gateau's fluffy atmosphere. The romance factor increases in the evenings once candles hit the tables. Northern Indian tandoori cuisine is served at **The Oven** (201 N. 8th St. #117, ☎ 402-475-6118). Samosas, pakoras and various vegetarian curries are the specialties in this simple and attractive restaurant.

Craving take-out? Call **Asian Palace** (3031 O St., ☎ 402-435-8884) for vegetarian Chinese dishes to go. Another popular take-home spot is **Greatful Bread** (1625 S. 17th St., ☎ 402-474-0101). Pick up pastries, cakes and healthful breads to take with you.

For groceries, **Open Harvest Natural Foods Grocery** (1618 South St., ☎ 402-475-9069) has the largest selection in town. You'll find organic produce and natural foods here, as well as a complete deli and bakery. Another option is **Akin's Natural Foods Market** (Meridian Park Center, 6900 O St., ☎ 402-466-5713; 888-887-4545).

Omaha

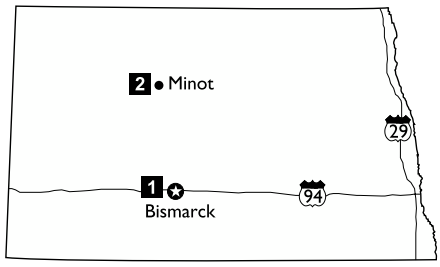
Located in a Victorian-style building that used to be a gas station, **McFoster's Natural Kind Café** (302 S. 38th St., ☎ 402-345-7477) in Omaha's Midtown serves vegetarian fare in a carnival-like environment. Lunch and dinner include avocado and grilled eggplant sandwiches, as well as more complicated dishes like the tempeh artichoke mornay. Sunday's brunch includes whole wheat pancakes, organic egg omelettes, and a tofu scramble. The meal is accompanied by live jazz music. Late night hours, a full bar and live bands in an upstairs party room keep the place lively.

Dazy Maze (521 S. 13th St., ☎ 402-346-9342) is a mostly vegan standout. (According to an employee, the tuna sandwich was added to "Keep Nebraskans from killing us.") The café serves international vegetarian favorites such as tempeh Reuben sandwiches, vegetable burritos and stir-fries. Bands play on weekends.

Ethnic food suggestions in Omaha are **Tamam** (1009 Farnam-On-the-Mall, ☎ 402-344-2722) for Middle Eastern, located in the Farnam Shopping Center. **Indian Oven** (1010 Howard St., ☎ 402-342-4856) serves nan breads as well as a good selection of vegetarian appetizers and entrées cooked in their clay oven. They are located downtown. For Asian, **Thai Pepper** (12775 Q St., ☎ 402-895-7788) comes recommended. Also popular is **Ahmad's** (1006 Howard St., ☎ 402-341-9616) for a rare taste of Persian cuisine.

Omaha is blessed with a large number of organic foods markets. The local cooperative is **Community Natural Foods Co-op** (10801 Blondo St., ☎ 402-431-8494) which specializes in locally grown organic produce. For a larger section try **Broadmoor Market** (8722 Pacific Ave., ☎ 402-391-0312) for organic produce and bulk foods. Both **Grainery Whole Foods Market** (7409 Main St., Ralston, ☎ 402-593-7186) and **Jane's Benson Health Market** (6103 Maple St., ☎ 402-558-8911) have a deli and juice bar as well as a strong selection of organic produce and groceries. **No Name Nutrition** (14469 W. Center Rd., ☎ 402-333-1300; and 2032 N. 72nd St., ☎ 402-393-5812) has a couple of smaller shops with a good selection of natural foods reading material.

North Dakota



1. Green Earth Café; Golden Dragon Restaurant & Lounge
2. Sweetheart's Coffee House

You won't find many specialty restaurants in North Dakota, and forget about well-trained chefs and high cuisine, but there's a lot of natural beauty in the state, and there certainly aren't any crowds. Because of the remoteness of the state, farmers' markets are a major part of life. Out-of-towners might feel out of place at one of the local markets, but going to one of North Dakota's markets is an excellent opportunity to get a glimpse of the regional culture.

Wildlife abounds in North Dakota. Animal-watchers will want to visit some of the state's many parks. Most notable are the **International Peace Garden** (☎ 701-263-4390) – a huge park on the Canadian border that boasts a beautiful garden and arboretum, and the **Theodore Roosevelt National Park** – a park in North Dakota's "badlands" in the western portion of the state where you'll find an unearthly landscape of clay and rock.

Bismarck

The capital of North Dakota is located in the middle of the state along the Missouri River. Visitors can enjoy a guided tour of the former Governor's Mansion and a visit to the North Dakota Heritage Center, which houses a museum, the state archives and an art gallery.

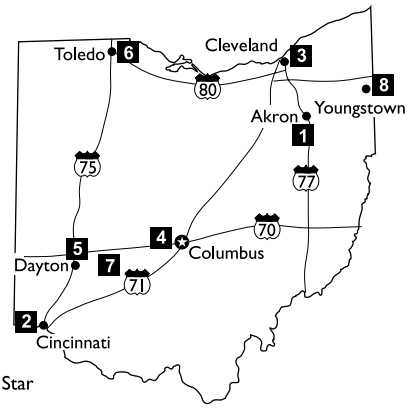
There are a couple of satisfactory options for non-meat-eaters that exist here. **Green Earth Café** (208 E. Broadway St., ☎ 701-223-8646) is a coffeehouse with a daily vegetarian special. Downtown you'll find **Golden Dragon Restaurant & Lounge** (410 E. Main St., ☎ 701-258-0282). Order the Buddha's feast for a full plate of Chinese vegetables.

Minot

A pleasant surprise in rural Minot is **Sweetheart's Coffee House** (11 S. Main St., ☎ 701-838-2679) – a coffee shop featuring local bands and poetry readings. Soups, salads, falafel and other light fare are served in a folksy environment.

Ohio

Ohio's reputation in the 1970s was that of a steel-manufacturing powerhouse that was particularly careless in its handling of the environment. By late in the decade the entire fish population of Lake Erie had been killed off by water pollution, Canada was complaining about acid rain and the Cuyahoga River running through Cleveland became so oily it caught on fire.



1. Mustard Seed Market & Café
2. DOWNTOWN: Arnold's Bar & Grill
   UNIVERSITY AREA: Myra's Dionysus Restaurant; Floyd's Restaurant; Clifton Natural Foods; Ulysses Whole World Foods; Healing Earth Café; Highland Coffeehouse; Ambar India Restaurant
   MONTGOMERY HEIGHTS: Tandoor India Restaurant; Pacific Moon Café
   HYDE PARK: Pasta Al Dente
   SPRINGDALE: Lu Lu's Noodles & Rice Shop
3. DOWNTOWN: Tea House Noodles; Market Square
   UNIVERSITY CIRCLE: Tommy's; Taj Mahal; Cleveland Food Co-op
   ELSEWHERE AROUND CLEVELAND: Empress Taytu Ethiopian Restaurant; Peking Gourmet Chinese Restaurant; Yacov's Kosher Restaurant; Minh-Anh Vietnamese Restaurant & Market; Ali Baba Restaurant; Parma Pierogies Restaurant; Red Star Café; Tabor's Thyme Vegetarian Café
4. NORTH HIGH STREET: Whole World Pizza & Bakery; Talita's; King Avenue Coffeeshop; Sunflower Natural Foods; Beechwood Natural Foods
   SHORT NORTH: North Market; Flavors Of India; Firdous Express; Mayflag Farms Roadside Organic Market; Benevolence; Rigsby's Cuisine Volatile
   ELSEWHERE AROUND COLUMBUS: Nong's Hunan Express; Star Of India; Northwest Natural & Specialty Foods
5. Euro Bistro
6. Beirut; Tandoor Cuisine Of India; Manos Greek Restaurant; Jalmer's Health Foods; Phoenix Earth Food Co-op
7. Sunrise Café; Winds Café & Bakery; Organic Grocery
8. Sunshine Market & Café; Good Food Co-op

Now, almost thirty years later, the state is showing some signs that it has learned an environmental lesson. Cleveland and other lakeside communities have worked to clean up their waterfronts. Meanwhile, the agricultural areas in the center of the state have seen a resurgence as smaller farmers are seeing healthy returns in wine making and organic farming.

With its change of heart regarding the environment has come a change at the dinner table as well. Vegetarian-friendly restaurants and natural food stores are easy to find in all of Ohio's cities, and farmers' markets are regaining popularity.

Akron

South of Cleveland, Akron is home to the Goodrich Tire Company and has boasting rights as the "Rubber Capital of the World." Pick up organic groceries in town at the large **Mustard Seed Market & Café** (3885 W. Market St., ☎ 330-666-7333).

Cincinnati

The sprawling Cincinnati area encompasses three states, multiple counties and countless hills and valleys. It's a bit hard to describe the city; *American Demographics* named it one of America's most typical cities. Cincinnati does seem an average slice of Middle America. Blue-collar workers mixed with white-collar workers. Blacks

mixed with whites. A taste of the North mixed with the flavor of the South. One thing is certain: this is a city with a focus on its residents. Tourists may very well find themselves bored silly.

Downtown

There aren't any strict vegetarian restaurants in Cincy, but there are plenty of places to make due. Downtown, **Arnold's Bar & Grill** (210 E. 8th St., ☎ 513-421-6234) is a place with a history. Opened in 1861, the restaurant and patio are now filled with memorabilia spanning the more than 100 years of its existence. Nightly jazz and piano acts add to the festive scene. Arnold's has an eclectic menu with just enough healthy dishes to make it worth your while.

University of Cincinnati & Clifton Heights

Across the street from the College Conservatory of Music, **Myra's Dionysus Restaurant** (121 Calhoun St., ☎ 513-961-1578) is a dark, midday haunt for nearby art denizens. A list of excellent vegetarian soups fills the blackboard, while Greek staples such as the house special spanakopita crowd the menu. The many vegetarian items make Myra's the closest thing you'll find to a pure veggie restaurant in the city. Just next door, **Floyd's Restaurant** (129 Calhoun St., ☎ 513-221-2434) isn't as American as its name may lead you to believe. The tiny diner actually serves Lebanese food, and lots of it. Traditional baba ganouj and tahini are offered alongside less-traditional vegetable dishes at starving-student prices.

Rows of shops along McMillan Street south of the university provide services for the wayward vegetarian. **Clifton Natural Foods** (169 W. McMillan, Clifton Heights, ☎ 513-961-6111) competes with **Ulysses Whole World Foods** (209 W. McMillan, Clifton Heights, ☎ 513-241-3663) as the university's favorite natural foods store. Across the street from Ulysses, **Healing Earth Café** (216 W. McMillan, Clifton Heights, ☎ 513-241-2246) serves natural foods soups, salads and sandwiches.

East of the university, you'll find **Highland Coffeehouse** (2839 Highland Ave., ☎ 513-861-4151), an old-fashioned coffeehouse that predates both Starbucks and Sanka. Enjoy huge vegetarian sandwiches and salads in comfy couches and weathered chairs.

In the Clifton neighborhood north of the university, **Ambar India Restaurant** (350 Ludlow Ave., ☎ 513-281-7000) has 17 vegetarian entrées on their menu. Try the saag chole – chickpeas and spinach cooked in a tomato and cream curry – or the aloo vindaloo – potatoes cooked in a spicy but sweet chili sauce.

Montgomery Heights

The Jewish enclave of Montgomery Heights has a couple of ethnic restaurants worth mentioning. **Tandoor India Restaurant** (8702 Market Place Ln., Montgomery, ☎ 513-793-7484) has a daily lunch buffet as well as a standard East Indian menu with plenty of veggie items. Nearby, **Pacific Moon Café** (8300 Market Place Ln., ☎ 513-891-0091) serves upscale Chinese in a relaxed environment. Live jazz can be heard on the weekends.

Hyde Park

Across from the exclusive Hyde Park Country Club is the understated **Pasta Al Dente** (3672 Erie Ave., ☎ 513-321-7400). Homemade pasta is served both indoors and on an outdoor patio.

Springdale

Serving the northern suburb of Springdale, **Lu Lu's Noodles & Rice Shop** (135 W. Kemper Rd., Springdale, ☎ 513-671-4949) pushes big bowls of inexpensive noodles at suburbanites. Try the tom yum soup or the Singapore noodles.

Cincinnati Area Natural Foods Markets

Cincinnati Natural Foods
6911 Miami Ave., Madeira
☎ 513-271-7777

Cincinnati Natural Foods
9268 Colerain Ave., Bevis
☎ 513-385-7000

Healthy's Health Food
9525 Kenwood Rd., Blue Ash
☎ 513-984-1333

Susan's Natural World
8315 Beechmont Ave., Anderson Twnshp.
☎ 513-474-4990

Twin Pines Natural Foods Co-op
1051 North Bend Rd., College Hill
☎ 513-681-3663

Cleveland

The dirty, polluted and largely ignored Cleveland of the '70s has undergone a major transformation in recent years. Once dangerous and deserted, the downtown has been changed into a dense jungle of an area with bizarre twists of streets and hip nightclubs. In East Cleveland, University Circle was an isolated bunker of arts in the city. Now an infusion of new life along Coventry Road has created a neighborhood to match.

Downtown

Downtown Cleveland's resurgence has included the addition of the Rock & Roll Hall of Fame, the renovation of The Flats (an old industrial area of warehouses and toxic dumps transformed into bars and nightclubs), and the renewal of the Theater District. These additions plus the consistent presence of Jacobs Field (the Cleveland Indians baseball stadium) has made Cleveland's compact downtown a lively place.

Unfortunately, vegetarian restaurants downtown are still few. Tiny **Tea House Noodles** (1900 E. 6th St., ☎ 216-623-9131) serves downtown's temp workers an inspiring lunch. Noodle bowls full of bok choy, shiitake mushrooms, and cabbage go for about $3 a pop. It's a bargain that's hard to pass up.

South of The Flats near the riverfront, **Market Square** buzzes on Saturday mornings with fresh produce vendors. Get there early to ensure a taste of the Ohio River Valley's finest.

University Circle & Coventry Road

University Circle is the well-planned center of the arts for Cleveland. A cluster of museums, including the Cleveland Museum of Art, the US history buildings of the Western Reserve Historical Society, and the Museum of Medical History line the circle. The highly acclaimed Cleveland Orchestra plays in the art-deco interior of Severence Hall when they're not touring.

Nearby Coventry Road is the less refined, art-in-action commercial strip just east of the Circle. Students and skate punks walk and roll past alternative shops and ethnic restaurants. Some of the best vegetarian food in town can be found here, including the venerable **Tommy's** (1824 Coventry Rd., ☎ 216-321-7757), a casual vegetarian diner that managed to survive the Reagan years. Traditional vegetarian fare such as falafel, sandwiches and salads are served alongside more original dishes such as the shiitake mushroom and green bean bowl.

Just down the street, another long-time survivor is the Northern Indian **Taj Mahal** (1763 Coventry Rd., ☎ 216-321-0511). Simple and inexpensive vegetarian curries such as aloo gobi (potatoes and cauliflower) served with chapati bread and rice, are offered in a relaxed environment.

Organic food purveyors will be happy to note that a branch of the local food co-operative is in the neighborhood. **Cleveland Food Co-op** (1807 Coventry Rd., ☎ 216-321-9292) is open to the public.

Elsewhere Around Cleveland

Pragmatic East Clevelanders are baffled by **Empress Taytu Ethiopian Restaurant** (6125 St. Clair St., ☎ 216-391-9400). Dining pits with floor seating replace traditional chairs and tables, and utensils are replaced with injera – a soft flatbread meant for scooping. Good food, though, erases all confusion. The Empress' mashed bean and vegetable dishes are perfectly spiced.

Other nearby, outer-city, around-the-world restaurants include **Peking Gourmet Chinese Restaurant** (13955 Cedar Rd., ☎ 216-397-9939), which features zen vegetarian cuisine, and **Yacov's Kosher Restaurant** (13969 Cedar Rd., ☎ 216-932-8848), featuring Middle Eastern kosher. On the west side of town, try **Minh-Anh Vietnamese Restaurant & Market** (5428 Detroit Ave., ☎ 216-961-9671) for southeast Asian specialties, and **Ali Baba Restaurant** (12021 Lorain Rd., ☎ 216-251-2040) for traditional Lebanese dishes. On the south side of Cleveland is a rare chance to sample Polish food prepared to meet a vegetarian's standards. **Parma Pierogies Restaurant** (7707 W. Ridgewood Dr., ☎ 440-888-1200) offers at least 15 types of the stuffed dumplings called pierogies.

Looking for news from back home? **Red Star Café** (11604 Detroit Ave., ☎ 216-521-7827) on the city's west side is the perfect place to pick up the *London Times*, a cup of coffee and a veggie scone.

Smack-dab in the middle of Cleveland's southern suburb of Berea is the quaint **Tabor's Thyme Vegetarian Café** (34 Park St., Berea, ☎ 440-243-1011). Profes-

sors and students from the nearby community college swing by to sample soups, salads and sandwiches. Feel free to pick up something to picnic on at nearby Baldwin Lake.

Cleveland Area Natural Foods Markets

American Harvest Health Foods Market
(Large vegetarian section; lots of organics)
13387 Smith Rd., Cleveland (west side)
☎ 440-684-2126

Nature's Bin Naturally
(Specializes in gourmet foods; deli)
2255 Lee Rd., Cleveland
☎ 216-932-2462)

Nature's Bin Naturally
(Specializes in gourmet foods; deli)
18120 Sloane Ave., Lakewood
☎ 216-521-4600

Web of Life Natural Foods Market
(Smoothie bar, bulk foods, organics)
25923 Detroit Rd., Cleveland
☎ 440-899-2882

Columbus

Combining a state capital and a major university always makes for an electric city. Columbus, with the 60,000-plus students who attend Ohio State University, is certainly no exception. Many people are surprised to hear that Columbus is the 16th-largest city in the nation, eclipsing better-known cities such as Boston or Washington DC.

North High Street

The student commercial strip along North High Street is the typical mix of bars, bookstores and cheap eats. Columbus' oldest vegetarian restaurant, **Whole World Pizza & Bakery** (3269 N. High St., ☎ 614-268-5751), is located here. Pizzas and bakery items are made with whole-wheat, sugarless breads and fresh vegetables. Other lunch-type entrées such as veggie burgers, soups and salads are also offered. **Talita's** (2977 N. High St., ☎ 614-262-6000) is the students' favorite Mexican joint with unbelievably priced veggie burritos – you can fill up at Talita's for under three bucks.

Well known among the college crowd, **King Avenue Coffeeshop** (247 King St., ☎ 614-294-8287) is a gathering place for local activists. Check out the community board for event listings. Other than a mean coffee, King Avenue serves an eclectic selection of curry dishes and other international treats. Brunch is available on Sundays.

Students stocking their mini-refrigerators with soy hot dogs and garden burgers head to the small but conveniently located **Sunflower Natural Foods** (2591 N. High St., ☎ 614-263-2488). A somewhat larger selection can be found farther up High Street at **Beechwood Natural Foods** (4185 N. High St., ☎ 614-262-0192). The store has a good stock of vegan-friendly foods and bulk items, as well as a large book stand.

Short North

Farther down High Street toward downtown is the Short North Arts District. A range of upscale and downscale art galleries, cigar shops, boutiques and cappuccino stands with elegant 1930s storefront facades sell their wares to the public. It's not SoHo, but it's the closest thing in Columbus. The hub of the narrow strip is **North Market** (59 Spruce St., ☎ 614-463-9664), Columbus' original town square. Over the years the spot has been transformed into a magical meeting place full of individually owned restaurants, alternative beauty shops and organic produce stands. Come on Saturday when vendors fill the square. A couple of permanent installations are of note to vegetarians. **Flavors Of India** has an inexpensive vegetarian plate, and **Firdous Express** serves Greek falafel and hummus sandwiches. For fresh produce seven days a week, don't miss **Mayflag Farms Roadside Organic Market**. The store also has full-service juice and salad bars.

Just off the market on a small side street, get a taste of the country at a little restaurant/gift shop called **Benevolence** (41 W. Swan St., ☎ 614-221-9330). Smells of homemade soups and breads make their way out into the street, drawing in a hungry crowd. A communal table makes you feel like you're eating among family. Vegetarians with a little cash shouldn't miss the highly touted and refreshingly funky **Rigsby's Cuisine Volatile** (698 N. High St., ☎ 614-461-7888). Rigsby's ever-changing menu always has a few vegetarian items representing organic, in-season herbs, fruits and vegetables. The housemade gnocchi is generally vegetarian, and one summer's bounty included a golden tomato coulis with a licorice basil pesto. Desserts are equally inventive, so be sure to save room.

Elsewhere Around Columbus

A couple of ethnic restaurants off the beaten path are worthy of mention. In the Upper Arlington neighborhood, **Nong's Hunan Express** (1634 Northwest Blvd., ☎ 614-486-6630) serves special Thai and Chinese courses for the vegetarian. Near the Ohio State University airport, **Star Of India** (816 Bethel Rd., ☎ 614-459-4101) offers an impressive vegetarian lunch buffet.

The largest natural foods store in the Columbus area is **Northwest Natural & Specialty Foods** (1387 E. Johnstown Rd., ☎ 614-939-2500) with good selections of organic produce, gourmet products, and international foods.

Dayton

A small city 55 miles north of Cincinnati, Dayton's claim to fame is that it was home to the Wright brothers, the inventors of the first engine-powered airplane. The US Air Force Museum and Carillon Historical Park both have exhibits that feature the first-in-flight brothers.

For healthy eats in town, head to **Euro Bistro** (5524 Airway Rd., ☎ 513-256-3444) for gourmet sandwiches and salads.

Toledo

Located on Lake Erie at the Ohio/Michigan border, Toledo is a trade center with an international shipping port. Vegetarian diners in town have a few options from local ethnic eateries. The **Beirut** (4082 Monroe St., ☎ 419-473-0885) advertises a healthy, vegetarian menu with Lebanese and Italian specialties. **Tandoor Cuisine Of India** (2247 S. Reynolds Rd., ☎ 419-385-7467) serves homemade nan cooked in their clay oven alongside various curries. At **Manos Greek Restaurant** (1701 Adams St., ☎ 419-244-4479), you'll find falafel, hummus and tabouli items on the menu.

For vegetarian groceries and a quick lunch, **Jalmer's Health Foods** (1488 W. Sylvania Ave., ☎ 419-478-7918) is a fine choice. For locally grown produce stop at **Phoenix Earth Food Co-op** (1447 W. Sylvania Ave., ☎ 419-476-3211).

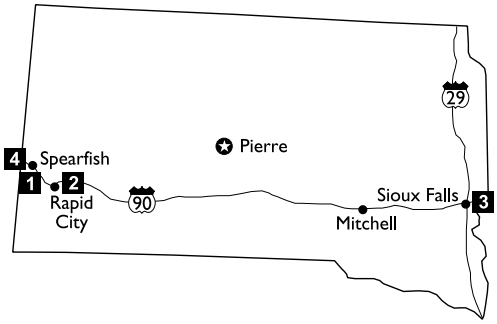
Yellow Springs

Tiny Yellow Springs is a small artists' and writers' colony east of Dayton. The annual Antioch Writers' Workshop brings in budding authors from around the US. The quaint, downtown strip houses a number of earth-friendly eateries and groceries, including **Sunrise Café** (259 Xenia Ave., ☎ 937-767-1065), **Winds Café & Bakery** (215 Xenia Ave., ☎ 937-767-1144), and **Organic Grocery** (230 Keith's Alley St., ☎ 937-767-7215).

Youngstown

Midway between Cleveland and Pittsburgh lies this mid-sized steel town. The local health food store is **Sunshine Market & Café** (22 W. Liberty St., Girard, ☎ 800-758-4506), which features a bakery, deli and small eatery alongside a good selection of organic produce and grains. The local food co-op is **Good Food Co-op** (62 Pyatt St., ☎ 330-747-9368) with a cornucopia of organic fruits and vegetables, whole grains, flours, beans and pastas.

South Dakota



1. Deadwood Social Club; Historic Franklin Dining Room
2. Sixth Street Bakery & Deli; American Pie Bistro & Marketplace
3. Kristina's Café & Bakery; Emma's Kitchen & Garden Café
4. Bay Leaf Café

The word on South Dakota is that there's the Black Hills and Mount Rushmore on one side, Sioux Falls on the other and a whole lot of empty space in between. The culinary scene certainly follows suit. You can pull off some good meals on both sides of the state. On the west side of the state, you'll find vegetarian dishes in Deadwood, Spearfish and Rapid City, while the east side you'll find options in Sioux Falls.

Deadwood

The "Old West" town of Deadwood is worth a look for its beautifully restored historical buildings. The old saloons and brothels are now steakhouses and smoky hotels, but if you look hard enough, you can find some healthy cuisine. Upstairs from the notorious Saloon No.10, is the **Deadwood Social Club** (657 Main St., ☎ 605-578-3346). You'll find pastas and salads along with lighter meats such as free-range chicken. Another option is the **Historic Franklin Dining Room** (700 Main St., ☎ 605-575-2241) – ask for a vegetarian meal. Both these places are pricey; bring a credit card.

Mitchell

It's a cheesy piece of Americana, but the **Corn Palace** (603 N. Main St., ☎ 605-996-7311), located just off I-90, is worth a visit. A museum dedicated to the agricultural industry of the region, the building itself has a mosaic of multi-colored corn, wheat, grains and grasses covering the entire structure. From Memorial Day to Labor Day, it's open 8am-10pm; May and September, 8am-5pm; October through April, on weekdays, 8am-5pm.

Rapid City

One of South Dakota's largest towns and the starting point of the route to Mount Rushmore, Rapid City has its share of character. The wasteland called the Black Hills has something to do with this, but it's mostly the Harley Davidson riders that give Rapid City its color.

You won't be surprised to know that some rough men have rode through this part of the country, but you might not have known about the even rougher women. Such big-name feminists as Gloria Steinem and The Indigo Girls have passed through **Sixth Street Bakery & Deli** (516 6th St., ☎ 605-342-6660) – a bastion of feminism in the heartland. Enjoy vegetarian sandwiches, fresh pastries, and some damn good desserts in a coffeehouse-like atmosphere. Be sure to check out the always-entertaining community board.

Another stop-off available in town is **American Pie Bistro & Marketplace** (710 Saint Joseph St., ☎ 605-343-3773). Try their pasta and bistro-style sandwiches.

Sioux Falls

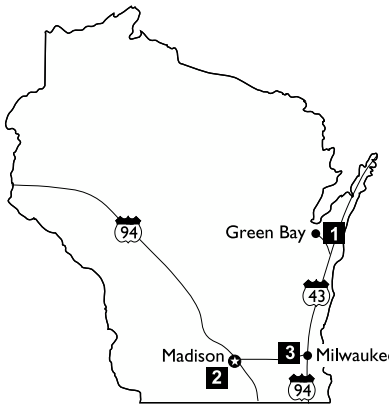
Located at the intersection of two major interstates, I-29 heading north-south and I-90 heading east-west, Sioux Falls is a trading post for the farmers of America's heartland. Diner food and truck stops are the rule here, and though you can get a good greasy-pan meal, you won't find much in the way of haute cuisine.

But there are a couple of surprises. West-coasters will appreciate **Kristina's Café & Bakery** (S. Phillips Rd., ☎ 605-331-4860). California-style sandwiches and soups fill Kristina's menu. **Emma's Kitchen & Garden Café** (13 W. Main St., ☎ 605-624-9337) is a great place for down-home cooking. Emma guarantees at least one vegetarian entrée an evening.

Spearfish

Bay Leaf Café (126 W. Hudson St., ☎ 605-642-5462) in historic Spearfish is another South Dakota surprise. You'll find garden burgers and vegan tempeh dishes that generally exist only on the coasts. It's a must-stop along I-90.

Wisconsin



1. Earthheart Café & Market
2. Noodles & Company; Himal Chuli; Husnu's; Sunroom Café; LuLu's Deli & Restaurant; Sunporch Café Restaurant & Bakery; Ivy Inn; J.C. Turtle; Magic Mill Natural Foods Market; Whole Foods Market; Mifflin St. Community Co-op
3. Abu's Jerusalem Restaurant; West Bank Café; Beans & Barley Market & Café; Carini's La Conca D'Oro; Outpost Natural Foods; Health Hut

Gentle, rolling plains and a no-nonsense attitude are hallmarks of the nation's 18th most-populous state. People are surprised to discover that Wisconsin is one of the more liberal states, being the first state in the nation to legislate gay rights. Vegetarianism hasn't caught on in full force, but there are options in the major cities, and no one will look at you strangely.

Green Bay & De Pere

A town with a football team named after its meat packers and rabid fans who call themselves cheeseheads doesn't seem like it would be too vegan-friendly. The line out the door of **Earthheart Café & Market** (416 George St., De Pere, ☎ 520-336-4774) might be enough to convince you otherwise. No milk or animal proteins are used in any of the cooking, making all dishes entirely vegan. Meals are served buffet-style, and diners are charged by the pound. Breakfast features whole-grain scones and granola, while lunch and dinner items include oregano potatoes, baked black bean burritos and various baked tofu dishes.

Madison

Uniquely located on a narrow isthmus between two lakes, Madison is a small, pleasant city that doubles as a state capital and a college town. Downtown encompasses the State Capitol and Capitol Square, as well as the Monona Terrace Community and Convention Center designed by Frank Lloyd Wright. From downtown, State Street is a half-mile, pedestrian- and cyclist-only strip that connects the capitol to the

front entrance of the University of Wisconsin. The street is jam-packed with bars, coffeehouses and cheap eats, many of which are vegetarian-friendly.

A restaurant tour of State Street starts at **Noodles & Company** (232 State St., ☎ 608-257-6393). Simple, student-priced pasta dishes act as noon-time filler. A block down the pedestrian path will lead you to **Himal Chuli** (318 State St., ☎ 608-251-9225), a Nepalese restaurant famous for its momocha dumplings. The momochas are stuffed with vegetables and flavored with peanut sauce. Vegans will appreciate the vegetarian special – a simple meal of brown rice, a vegetable stew and lentil soup.

Al fresco dining is available during the summer at **Husnu's** (547 State St., ☎ 608-256-0900). The venerable restaurant serves Mediterranean treats and some unusual Turkish dishes. Near the university, **Sunroom Café** (638 State St., ☎ 608-255-1555) enjoys an upstairs view of the street below. Breakfast includes a tofu scramble – crumbled tofu, mushrooms, scallions and tomatoes in a soy and ginger sauce. Lunch and dinner encompass a variety of lighter dishes, including sandwiches, salads and pasta dishes.

On the corner of University and Highland Avenue among a crowd of ethnic eateries lies **LuLu's Deli & Restaurant** (2524 University Ave., ☎ 608-233-2172). The little eatery has been dishing up inexpensive, reliable Middle Eastern entrées for years. A second location is open on the west side of town (7050 Mineral Point Rd., ☎ 608-829-0202). A block down from LuLu's is the **Sunporch Café Restaurant & Bakery** (2701 University Ave., ☎ 608-231-1111), which specializes in light fare prepared with in-season vegetables. If you're counting your calories, beware of their decadent desserts!

For a real treat, don't miss the biweekly, mostly vegan brunch at the **Ivy Inn** (2355 University Ave., ☎ 608-233-9717). The brunch is served every first, third and fifth Sunday of the month. Unique dishes such as wild rice-cherry waffles and heirloom tomato salads make the brunch spectacular. Prices are in the moderate range.

Another Madison oddity is the **J.C. Turtle** organic vegetarian breakfast cart. Joel Chesebro – owner, buyer, chef and clean-up crew – wheels his cart to the corner of North Pinckney and East Main near Capitol Square on Saturdays and to Library Mall during the week. All of the cart's produce is obtained from the local farmers' market that same morning, so you can count on the freshness of the pancakes, crêpes, potatoes and omelettes coming off the grill.

Competition is stiff among Madison's natural foods stores. **Magic Mill Natural Foods Market** (2862 University Ave., ☎ 608-238-2603), west of Capitol Square, is a locally owned supermarket with hundreds of bulk spices and grains, as well as a large selection of organic and gourmet products. Farther away from the town center, the **Whole Foods Market** (3313 University Ave., ☎ 608-233-9566) chain also has a University Avenue location. Downtown, **Mifflin St. Community Co-op** (32 N. Bassett St., ☎ 608-251-5899) has a good selection, too, carrying locally grown produce and a wide range of international foods.

Milwaukee

Huge numbers of German immigrants populated Milwaukee in the mid-1800s, bringing it to the forefront as Wisconsin's largest city. They also started the city's beer-making industry with big names such as Schlitz, Pabst, and Miller. The German influence can be seen in the vibrant downtown area, alive both night and day.

Milwaukee's other curiosities are the many Frank Lloyd Wright buildings in the downtown area. The internationally acclaimed architect was born in this city. The Milwaukee Art Museum has a permanent display of photographs and blueprints of his work.

Unfortunately for the health-minded, traditional German food leaves much to be desired. Your best bets in town are other ethnic establishments like **Abu's Jerusalem Restaurant** (1978 N. Farwell Ave., ☎ 414-277-0485). Feast on Middle-Eastern foods such as falafel, hummus, tabbouli and baba ganouj washed down with a refreshing glass of rosewater lemonade. Rated one of the best Far Eastern restaurants in the city, the charming and cozy **West Bank Café** (732 E. Burleigh St., ☎ 414-562-5555) brings pungent Vietnamese flavors to Milwaukee.

Beans & Barley Market & Café (1901 E. North Ave., ☎ 414-278-7878) is something of a local tradition. This popular restaurant with high ceilings and huge plate glass windows yields plenty of natural light even in the blustery Midwest winters. Lunch is the most popular meal, when businesspeople pour in for healthy power lunches. Items such as the TLT (tempeh, lettuce and tomato), soy burger and veggie burrito will please any vegetarian. Also recommended are any of the daily soup and salad specials, which feature in-season, locally grown vegetables. Prices are unbelievably low considering the classy décor. Box lunches are also available for those on the run.

Upscale dining opportunities for vegetarians in this part of the country are rare, making **Carini's La Conca D'Oro** (3468 N. Oakland Ave., ☎ 414-963-9623) a treat. A vegetarian menu contains items such as the melenzane spiedini – thin slices of eggplant rolled and stuffed with basil, rosemary, breadcrumbs and cheese then topped with a tomato sauce. Vegans beware: most of the "vegetarian" pastas are not vegan.

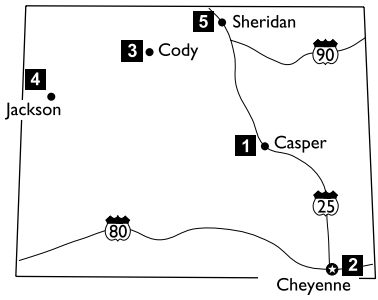
Popular and centrally located, **Outpost Natural Foods** (100 E. Capital Dr., ☎ 414-961-2597) is the best place in Milwaukee to pick up organically grown fruits and vegetables. **Health Hut** (19035 W. Bluemound Rd., ☎ 414-821-2122; and 2225 S. 108th St., ☎ 414-545-8844) also has a large grocery selection, bulk foods, and vegetarian meat substitutes.

Wyoming

Wyoming is cattle country and, judging from all the neon pigs in store windows, eating meat is almost a religion here. Vegetarian visitors to the state will familiarize themselves quickly with salad bars. Keeping your vegetarian ways to yourself might be a good idea.

Kidding aside, a few vegetarian-friendly restaurants, plenty of Chinese establishments, and a healthy number of farmers' markets do show their timid heads in Wyoming: Jackson Hole, just south of the Grand Teton National Park and Yellowstone National Park, is a popular tourist destination and a good spot for natural foods; the town of Cody and the east entrance to Yellowstone has a couple of organic foods

stores for gathering supplies; and a few vegetable-friendly eateries pop up in other towns as well.



1. Peking Chinese Restaurant; Casper Farmers' Market
2. Matilda's; Cheyenne Farmer's Market
3. Hong King Restaurant; Peter's Bakery; Whole Foods Trading Co.
4. Sweetwater Restaurant; Sugarfoot Café; Blue Lion; Café a Mano; Chinatown Restaurant; Lame Duck Chinese Restaurant; Harvest Organic Foods; Here & Now Natural Foods
5. Ciao Bistro; A.E. Suk; Golden China Restaurant; Nanci's Natural Foods

Casper

Along I-25 in the middle of the state is Wyoming's second-largest city, Casper. **Peking Chinese Restaurant** (333 E. A St., ☎ 307-266-2207) serves up vegetable dishes. **Casper Farmers' Market** is held on Saturday mornings during the summer months. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Cheyenne

The capital of Wyoming is no place for vegetarians. There is **Matilda's** (1651 Carey Ave., ☎ 307-635-4896), though, with the three lunch S's – soups, sandwiches and salads. Word has it that they make a mean carrot cake. There is also the **Cheyenne Farmers' Market** (in a parking lot at 16th and Carey) open on Saturdays, 8am-1pm, in August and September. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Cody

Be sure to stop in Cody, even if just to rest and check out the Buffalo Bill Historical Center (720 Sheridan Ave., ☎ 800-227-8483). Its four museums are regarded as some of the best that chronicle the history of the West. Those sensitive to the Native Americans' plight might find its pro-cowboy stance a little disheartening, but nonetheless, it's worth a look-see.

For a full meal, **Hong Kong Restaurant** (1244 Sheridan Ave., ☎ 307-587-6420) is just five blocks up from the historical center. Vegetarian items are marked on the menu. For some carbohydrates, **Peter's Bakery** (1191 Sheridan Ave., ☎ 307-527-5040) is also right there with a good selection of breads, muffins and sweets.

If you're heading to the park, you've still got an hour to go from Cody. Stop by **Whole Foods Trading Co.** (1243 Rumsey St., ☎ 307-527-5040) for natural food groceries.

Jackson Hole

Sweetwater Restaurant (85 King St., ☎ 307-733-3553) is an excellent lunch stop for the traveler in search of healthy, down-home cooking. It's not true soul food, but the homemade soups, salads, baked goods and casseroles at Sweetwater are indeed a taste of the country.

Two upscale restaurants make the grade here, though you might find them too expensive for your tastes. **Sugarfoot Café** (145 N. Glenwood St., ☎ 307-733-9148), located in an old saddle shop, has creatively presented seafood dishes with a couple of vegetarian options. Call ahead and the chef might whip up something special. Keep in mind that they're open only in the winter from January to March and in the summer from July to September. At the **Blue Lion** (160 N Millard St., ☎ 307-733-3912), you can order crêpes with tempeh, a rare find in this state. Continental dishes are also served here.

Café a Mano (45 S. Glenwood St., ☎ 307-739-2500) serves the healthiest Mexican in town. No-lard beans and a salsa bar are the highlights. Word has it they also serve New Orleans-style beignets in the mornings.

You'll also find a couple of sure-bet Chinese restaurants in Jackson Hole. **Chinatown Restaurant** (850 W. Broadway St., ☎ 307-733-8856) serves all your Chinese favorites in a nondescript environment. **Lame Duck Chinese Restaurant** (680 E. Broadway St., ☎ 307-733-4311) has a more varied menu and modern décor.

Before you head up to Yellowstone, stock up on groceries at **Harvest Organic Foods** (130 W. Broadway St., ☎ 307-733-5418). A café is also open for breakfast and lunch serving a wide variety of organic soups and salads. Another option is **Here & Now Natural Foods** (1925 Moose-Wilson Rd., ☎ 307-739-3399).

Sheridan

In the northeastern corner of the state along I-90 is Sheridan, notable for its proximity to the Battle of Little Bighorn. Downtown Sheridan has the feel of an Old West town and a few restaurant stops to boot. **Ciao Bistro** (120 N. Main St., ☎ 307-672-2838) is about as French as Wyoming is going to get. The quaint café serves light fare including a couple of veggie sandwiches. Another good place to grub is **A.E. Suk** (2004 N. Main St., ☎ 307-672-0357). Try their Asian-style buffet lunches and cheap breakfasts. Sheridan's Chinese stand-by is **Golden China Restaurant** (inside the shopping center at Brundage and Coffeen, ☎ 307-674-7181).

For groceries, **Nanci's Natural Foods** (38 S. Main St., ☎ 307-674-8344) is a good stop in town.

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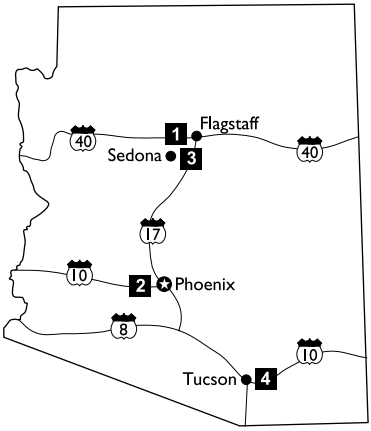
The Southwest

Arizona



1. Café Espress; Mountain Oasis; Pasto; Morning Glory Café; Dara Thai Restaurant
2. CAMELBACK: Green Leaf Café; Tarbell's; Supreme Master Ching Hai Vegetarian House
   TEMPE: Saigon Healthy Cuisine; In Season Deli; Desert Greens Café; Gentle Strength Cooperative
3. Heartline Café; Dylan's; Oaxaca Restaurant; New Frontiers Natural Foods
4. La Indita; Maya Quetzal; Food Conspiracy Co-op; Govinda's; New Delhi Palace; Seri Malaka; Guilin Chinese Restaurant; Le Mediterranean

For most Americans, Arizona evokes a desert image of scorched earth, off-the-chart temperatures and miles and miles of nothing but cactus and coyotes. Although Arizona has these things, it also has towering forests, plenty of snow and a booming population of human beings. Its urban centers are equally varied: Phoenix is slick and comfortable; Tucson, old and charming; Flagstaff, young and adventurous.

Although meat-free living is generally considered un-American by Arizona's largely conservative population, eating lighter, low-cholesterol foods has been deemed acceptable by an older and wiser crowd trying to extend their life expectancies.

Flagstaff

People driving across I-40 are always surprised upon nearing Flagstaff. The long stretch of Arizona desert is suddenly punctuated by thick pine forest, towering mountains and, in the winter, snow. Those who actually get off the freeway and visit Flagstaff will find even more pleasant surprises. Flagstaff is an important destination for the scientific community. Here at the Lowell Observatory, the planet Pluto was dis-

covered in the heavens. Flagstaff also has a high altitude training center making it a popular spot for mountaineers and Nordic skiers.

Flagstaff's Old Town district is home to some exceptional New American restaurants. North of the tracks, you'll find **Café Espress** (16 N. San Francisco St., ☎ 520-774-0541), a coffeehouse and art gallery that serves natural foods made from scratch. There are plenty of vegan options among the soups, salads and sandwiches. **Mountain Oasis** (11 E. Aspen St., ☎ 520-774-3492) is equally inviting. Dinners include a tasty mix of Mediterranean, Southwestern, and international flavors with plenty of vegetarian options. Also recommended is **Pasto** (19 E. Aspen St., ☎ 520-214-9270), specializing in upscale Italian food. The casual environment extends from its indoor dining room to an outdoor courtyard.

South of the tracks, **Morning Glory Café** (115 S. San Francisco St., ☎ 520-774-3705) is a favorite for blue corn tamales and other New Mexican treats. The lunch menu has a good selection of vegetarian soups and salads. Locals suggest **Dara Thai Restaurant** (14 S. San Francisco St., ☎ 520-774-0047) for Southeast Asian specialties. All entrées can be made vegetarian upon request.

Non-smoking diners will be pleased to know that a Flagstaff law prohibits smoking in restaurants, a plus you won't find elsewhere in the state. Flagstaff in general is very veggie-friendly. Pick up a copy of the free ***Flagstaff Live*** for a list of vegetarian restaurants and other services.

Phoenix

The Valley of the Sun is rapidly becoming one of the world's largest desert communities, with a population well over two million. The thousand-square-mile sprawl is one of the nation's most desirable retirement spots, largely due to cheap land, dry desert air and plenty of golf courses.

Phoenix as a whole isn't very veggie-friendly. But despite most restaurants being corporate-owned and mainstream, with the growing number of retirees, there are quite a few restaurants with lighter, heart-healthy entrées.

Camelback & Indian School Road Areas

Phoenix's nightlife and restaurant scene centers around Camelback and Indian School Road. Although veggie-friendly restaurants are few and far between, there are some notable exceptions. Don't let **Green Leaf Café's** (4426 N. 19th Ave., ☎ 602-265-5992) ordinary storefront fool you: the eatery serves up a unique brand of gourmet, veggie-friendly Middle Eastern food. Original creations such as the spudburger (a homemade potato patty made with carrots, celery, mushrooms, eggs and spices), and the purple shoots (steamed asparagus and grilled eggplant topped with scallions, onions, garlic, tomatoes, herbs and feta cheese) please vegetarians and non-vegetarians alike. An upscale recommendation in Phoenix is **Tarbell's** (3213 E. Camelback Rd., ☎ 602-955-8100). Buzzing with energy, a hip crowd dines on organic vegetable plates and the like.

A restaurant that's religious about its vegetarian food is the **Supreme Master Ching Hai Vegetarian House** (4812 N. 7th Ave., ☎ 602-264-3480). The all-vegan

restaurant serves imitation meat dishes expertly concocted to taste like the real thing. Don't let the decrepit shopping center location scare you away.

Tempe

In Tempe you'll find Arizona State University, home to over 44,000 students, the largest university in the Southwest. An active student body keeps the town alive; Tempe's downtown is a lively affair of cafés, restaurants, nightclubs and bookstores.

Graduate students look for a change of pace at **Saigon Healthy Cuisine** (820 S. Mill Ave., ☎ 480-967-4199). The authentic Vietnamese restaurant serves vegetarian sesame and rice noodle entrées alongside traditional Vietnamese meat dinners. Tucked away in a downtown Tempe courtyard, **In Season Deli** (414 S. Mill Ave., ☎ 602-966-0334) serves quick, inexpensive lunches on paper plates to starving ASU students. Choose from various vegetables for a make-your-own salad, or order a plate of the highly recommended vegetarian tamales.

Desert Greens Café, in the **Gentle Strength Cooperative** (234 W. University Dr., ☎ 602-968-4831), serves up tasty and healthy vegetarian food in their tiny café. The co-op is also well-stocked with natural food canned goods and organic produce.

Phoenix Area Natural Foods Markets

Health Hut Natural Foods
8841 N. 19th Ave., Phoenix
☎ 602-943-1171

Whole Foods Market
5120 S. Rural Rd., Tempe
☎ 480-456-1400

Wild Oats Community Market
3933 E. Camelback Rd., Phoenix
☎ 602-954-0584

Sedona

Whether there's real magic in Sedona is subject to speculation, but there's certainly a sense of it in this bright, colorful valley surrounded by vertical red sandstone formations. Sedona has become a New Age capital of sorts, with a wide range of alternative healing practices performed here – from massage, nutritional counseling and yoga classes to herbology, psychic channeling and past-life regressions. For information, stop at the Center for the New Age (341 Hwy. 179, ☎ 520-282-2085). Also famous are Sedona's vortexes, spiritual sites located among the red-rock mountains.

Vegetarianism is widely practiced among Sedona locals. Local bed & breakfasts can easily accommodate a vegetarian or vegan diet in their meals, but do call in advance. A good spot for a romantic, upscale dinner is the **Heartline Café** (1610 W. Hwy. 89A, ☎ 520-282-0785). The indoor dining room is dark, candlelit and well decorated with orchids and tropical flowers. Try the radiatore pasta with chive butter, wild mushrooms and butternut squash. Entrées are priced from $14 to $20. **Dylan's** (1405 W. Hwy. 89A, ☎ 520-282-7930), another popular Sedona eatery, has California-style wraps and veggie burgers listed on their menu. And you'll love the Napa

wrap made with sautéed mushrooms, red bell peppers, white onions, garlic, pesto, spinach and sprouts all wrapped in a cilantro tortilla.

Oaxaca Restaurant (231 N. Hwy. 89A, ☎ 520-282-4179) in old downtown is a large Mexican restaurant with a Southwestern atmosphere. Only vegetable oils are used in their cooking. Heart-healthy items are well marked on their menu.

Pick up natural food groceries in Sedona at **New Frontiers Natural Foods** (1420 W. Hwy. 89A, ☎ 520-282-6311).

Tucson

Amid a backdrop of desert sands and saguaro cactus, Tucson is the Old West we've all come to know and love, complete with dusty roads and old-fashioned saloons. It is also home to the University of Arizona, making sure the town stays young at heart, if not young in appearance.

Students looking for cheap eats head to **La Indita** (622 N. 4th Ave., ☎ 520-792-0523), a taqueria serving traditional Mexican food alongside unique Indian entrées from Michoacan, Mexico. Vegetarian items are marked on the menu. Also near the University is **Maya Quetzal** (429 N. 4th Ave., ☎ 520-622-8207), a colorful Guatemalan restaurant with gracious service and unusual food. Try the *plato vegetariano* – a half-moon-shaped corn mesa stuffed with walnuts and spinach, served with a special rice baked with cheese, sour cream, corn and Guatemalan refried black beans. On Tuesday, special vegetarian tamales are prepared. For organic and natural groceries near the University of Arizona, head to the **Food Conspiracy Co-op** (412 N. 4th Ave., ☎ 520-624-4821).

Tucson's only strictly meatless restaurant is **Govinda's** (711 E. Blacklidge Dr., ☎ 520-792-0630), run by the Hare Krishnas and located in North Tucson. The lunch buffet is $8; dinners $9. Tuesday nights are East Indian nights, on Wednesday nights the buffet is wheat-free, and Thursday nights are vegan. On Sundays an eight-course meal is served with chanting, dancing, mantra meditation and a brief sermon. The meal is $3.

A variety of veggie-friendly ethnic restaurants can be found scattered throughout Tucson. Recommended are **New Delhi Palace** (6751 E. Broadway Blvd., ☎ 520-296-8585) for Indian, **Seri Malaka** (6133 E. Broadway Blvd., ☎ 520-747-7811) for Malaysian, **Guilin Chinese Restaurant** (3250 E. Speedway Blvd., ☎ 520-320-7768), and **Le Mediterranean** (4955 N. Sabino Canyon Rd. #117, ☎ 520-529-1330).

Tucson Natural Foods Markets

Food Conspiracy Co-op
412 N. 4th Ave., Tucson
☎ 520-624-4821

Fiesta Natural Foods
6330 N. Oracle Rd. #D204, Tucson
☎ 520-742-4146

Health Hut
2561 E. Fort Lowell Rd., Tucson
☎ 520-327-4116

New Life Health Center
4500 E. Speedway Blvd. #26, Tucson
☎ 520-326-0834

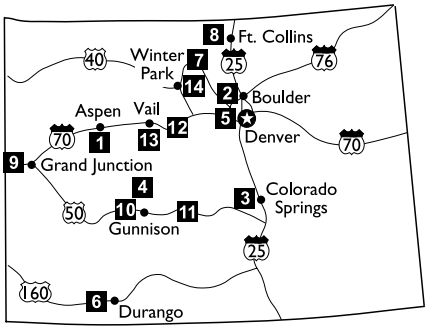
New Life Health Center
1745 W. Ajo Way, Tucson
☎ 520-294-4926

New Life Health Center
4012 N. Oracle Rd., Tucson
☎ 520-888-4830

New Life Health Center
4841 E. Speedway Blvd., Tucson
☎ 520-795-7862

New Life Health Center
5612 E. Broadway Blvd., Tucson
☎ 520-747-0209

Colorado



1. Explore Bookstore & Bistro
2. Rhumba; Narayan's; Himalaya's; Falafel King; Juices Wild; Rocky Mountain Joe's Café; Sunflower; Alfalfa Market; Crystal Vegetarian Market & Deli; Walnut Café; The Buff; Healthy Habits; Rudi's World Cuisine
3. Olive Branch Restaurant; Lettuce Head Restaurant; Dale Street Café; Golden Dragon; Indian Palate; Mountain Mama Natural Foods; Wild Oats Community Market
4. Mountain Earth Whole Foods
5. Mercury Café; Goodfriends
   DOWNTOWN: Mt. Everest Restaurant; Delhi Darbar; Lim's Mongolian BBQ; Sweet Surprise Bakery & Café
   WHEAT RIDGE: Gemini
   ENGLEWOOD: Paul's Place; Twin Dragon
6. Nature's Oasis Deli
7. Molly B's; Notchtop Bakery & Café; Hunan Restaurant; Buckwheat's Natural Foods
8. Rainbow Restaurant; Cuisine! Cuisine!; Cossola's Pizza; Food Co-op of Fort Collins
9. Goodpastures Restaurant; Sundrop Grocery
10. Firebrand Deli
11. First Street Café
12. Sunshine Café; Blue Moose Restaurant; Noodle & Bean's; Red Orchid; Amazing Grace Natural Foods
13. Siamese Orchid
14. Carvers Bakery Café; Great Mother Store

Stereotyping a state's population is a difficult and often hopeless task, but if there's one thing you can say about the four million people who live in Colorado, it's that they all love the outdoors.

The purple mountain majesties, called the Rocky Mountains, that bisect the east and west portions of the state are an indomitable force, visibly stunning from afar and rugged and insurmountable from up close. Colorado's 52 14,000-foot-high mountains and its hundreds of lesser peaks yield ample opportunities for skiing, hiking, climbing and mountain biking, to name a few, and Coloradans take full advantage.

With all the physical activities, Colorado has its share of health nuts. Health food stores abound, and vegetarianism, or at least healthier eating, is on the rise. The city of Boulder, just a short drive from Rocky Mountain National Park, might have more veggie-friendly restaurants per person than any other city in the nation.

Aspen

Those who have visited Aspen describe it as a mythical town. A fairy-tale place peacefully sleeping in a winter-locked box canyon. This is the Colorado where the rich and famous own winter hideaways – old Victorian homes meticulously refurbished. Aspen's ski runs end in the middle of downtown, adding to the sense of magic. Although best known for its skiing, Aspen's summer festivals are also world-renowned. Famous chefs appear during the annual wine and food festivals, while Hollywood arrives to attend the film festival.

A great place to pass a day is the **Explore Bookstore & Bistro** (221 E. Main St., ☎ 970-925-5338). The bookstore is in a Victorian home that has been transformed into a maze of rooms, each named for its category of books. Upstairs, a European-style bistro offers sophisticated vegetarian cuisine to be enjoyed while gazing at the mountains in the distance. Lunch and dinner are served.

Boulder

One local describes Boulder as "Berkeley, California, only with half the oxygen." There is some truth to this distinction. Boulder is arguably the most progressive town in the US that isn't on a coast.

Nature lovers will find the town truly exemplary. It boasts more open space preserves than any other small town in the country. Mountain streams run unfettered through downtown while demanding mountain biking and hiking trails start just minutes away. Bike racks are a fixture in every parking lot. Public transportation is also excellent; you'll be loath to find a system as clean and efficient anywhere else in the country. Vegetarians will find Boulder equally enticing. There isn't a restaurant in town that doesn't serve some sort of meatless fare. Even the hot dog stands in Boulder have large signs reading, "Tofu Dogs Here."

A visit to Boulder should start on Pearl Street. You'll find the same folk music, street vendors, and wacked-out youth as on Berkeley's Telegraph Avenue, but without the huge social problems. A multitude of restaurants cater to vegetarians along the street. Starting at the west end of Boulder Mall, you'll find **Rhumba** (950 Pearl St., ☎ 303-442-7771), which specializes in "Island Food." The youthful, nouveau restaurant features three island vegetable dishes nightly along with a "hellfire hot"

curry made of such oddities as sofrito, cho cho, pak chow, yam, and crimini mushrooms. Fortunately the menu comes with a dictionary.

Perhaps it's Boulder's proximity to high altitude that makes it the home to an unusual number of Nepalese and Tibetan restaurants. Or maybe it's the "Free Tibet" bumper stickers. Whatever the reason, be sure to visit one of these rare finds. **Narayan's** (921 Pearl St., ☎ 303-447-2816) is perhaps your best bet. Located in a magical basement with a bright bar and low walls, Narayan's has a vegan platter which includes a curry, soft puri bread, five vegetarian momos, two samosas, bhat, and chhole. Another Nepali restaurant, **Himalaya's** (2010 14th St., ☎ 303-442-3230) sits just a block off the main strip across from City Hall and next to the Boulder Theater, a popular art house. Along with Nepali specialties, Himalaya's has a good selection of more traditional Indian food.

Heading down Pearl Street, **Falafel King** (1314 Pearl St., ☎ 303-449-9321) is your best bet for a quick break from a Boulder Mall shopping spree. **Juices Wild** (1433 Pearl St., ☎ 303-541-0897) is also a good stop for quick refreshment. The second floor at 1410 Pearl Street is home to **Rocky Mountain Joe's Café** (☎ 303-442-3969), named after the locally famous 19th-century photographer who left behind thousands of pictures of early Boulder. Despite the Western name, Rocky Mountain Joe's has ample fixin's for vegetarians. Breakfast fare includes a tofu scramble, huevos rancheros with a vegetarian chili and, for the sweet tooth, an almond-Amaretto French toast.

Renovations on Pearl Street east of the mall are yielding some high-quality eateries. **Sunflower** (1701 Pearl St., ☎ 303-440-0220) opened in August of 1999. Both the creative menu and luscious interior of the restaurant denote the careful planning. Although there is quite a bit of fish and poultry on the menu, organic food proponents will be amazed at the volume of organic produce that Sunflower uses in their dishes. Other nice touches are the use of non-irradiated herbs and spices, unrefined sea salt, unrefined sugars, filtered water, and aluminum-free cookware. Vegans will be happy to note that vegetarian items on the menu are prepared entirely without meat products. Sunflower is upscale, but prices are reasonable, especially at lunch time.

If eating out isn't your thing, Pearl Street has a couple of highly recommended food stores. **Alfalfa Market** (1651 Broadway St., ☎ 303-442-0909) draws a crowd for its annual events, such as the doggie wash. More of a community place than a grocery store, folks hang out on the porch in the summer over an organic salad or juice and read the local weekly. Strict vegetarians will appreciate **Crystal Vegetarian Market & Deli** (1825 Pearl St., ☎ 303-446-9599). No animal products are served on the premises.

Pearl Street isn't the only vegetarian game in town. **Walnut Café** – the featured restaurant below – is a breakfast favorite. A good place to bring the folks is **The Buff** (1725 28th St., ☎ 303-442-9150), which serves a good mix of both traditional and natural foods breakfasts. For lunch, **Healthy Habits** (4760 Baseline St., ☎ 303-494-9177) has an all-you-can-eat salad bar with a huge selection of salad ingredients, pastas, baked potatoes, pizzas and desserts.

Rudi's World Cuisine (4720 Table Mesa Dr., ☎ 303-494-5858) has been serving international vegetarian food for 25 years. Their menu is full of Middle Eastern, Indian and Asian delights, including a spanakopita (filo stuffed with fresh spinach, dill, and feta cheese), saag panir (Indian curry of fresh spinach and fried homemade cheese in a unique masala sauce), and a Thai vegetable curry (seasonal vegetables in a coconut curry sauce). Dishes that can be made vegan are marked with a "V."

The **Boulder County Farmers' Market** is held on 13th Street between Arapahoe & Canyon – two blocks south of the Pearl Street Mall at Central Park – Wednesday, 10am-2pm, and Saturday, 8am-2pm. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

WALNUT CAFE, 3073 Walnut St., Boulder, ☎ 303-447-2315. Price: $-$$. Natural foods, vegan options. Hours: Open daily, 7am-4pm.

The "Nut" is the preferred start-me-up for citizens of the outdoor capital of the US. Athletic types fill up the bike racks early on Saturdays and Sundays before hitting Boulder's renowned mountain biking trails. There's also a noticeable lesbian contingent that gathers here. Stories about who's dating whom, and who drank what last night, are standard Nut conversations.

The section marked "Boulder Fare" on the menu is the place for vegetarians. Items include Dana's tempeh skillet (tempeh, tomato, mushrooms, onions and cheddar cheese over home-cooked potatoes) and the Boulder scramble (tofu, tomatoes, mushrooms, onions, and spinach with cheddar cheese). Soy cheese is available as a substitute for cheddar. For those with a sweet tooth, check out the "We're all Nuts" French toast – challah or wheat bread with pecans, walnuts and almonds. It's served with 100% maple syrup and honey margarine.

Besides the standard menu, there's always excitement on the Nut's special board. Homemade muffins and quiches are available for take-out. During the summer, enjoy the mountain air on the eatery's outdoor patio.

Colorado Springs

Snug against the base of grand Pikes Peak, Colorado Springs is a beautiful, if somewhat overrated, city popular with tourists looking for the Wild West experience. The Pioneer Museum, Garden of the Gods and the Pikes Peak toll road are among the better attractions in the area.

Light, heart-healthy restaurants are a dime a dozen in Colorado Springs, with a steady stream of 60-somethings heading through town in plush Winnebagos. **Olive Branch Restaurant** (23 S. Teton Rd., ☎ 719-475-1199) located downtown is one of the best. It's known primarily for its quick, simple breakfasts. For lunch, **Lettuce Head Restaurant** (2917 Galley Rd., ☎ 719-597-7476) serves creative California-style lunches including soups, salads and sandwiches. Another lunch favorite is **Dale Street Café** (115 E. Dale St., ☎ 719-578-9898) near Monument Valley Park. Pastas, salads and Mediterranean dishes are served in a quaint setting.

For ethnic food in Colorado Springs, **Golden Dragon** (903 8th St., ☎ 719-632-3607) is recommended for Chinese, and the **Indian Palate** (117 E. Bijou St., ☎ 719-633-1080) for Indian.

Natural food groceries in town include **Mountain Mama Natural Foods** (1625 W. Uintah St. #A, ☎ 719-633-4139), which has a strong selection of fresh organic produce, bulk foods, natural body and hair care products, as well as an in-store bakery and deli, and **Wild Oats Community Market** (5075 N. Academy St., ☎ 719-548-1667), which also has a good selection of organic produce and natural groceries alongside a juice bar and full-service deli.

Crested Butte

Crested Butte's extreme skiing draws a younger crowd than other more vacation-orientated ski resorts. Snowboarding is taken seriously at Crested Butte. The crowds don't leave in the summer; Crested Butte is also a mountain biking mecca. Annual Fat Tire Week brings avid cyclists together for hundreds of mountain biking events.

Pick up natural food groceries at **Mountain Earth Whole Foods** (4054 Crested Butte Rd., ☎ 970-349-5132).

Denver

Once known as a cowtown, Denver's glass buildings and 1990s architecture project an image of a city with modern sensibilities. Unfortunately, the culinary scene is struggling to catch up, as steak houses and chain restaurants still dominate most neighborhoods. There are some signs of life, however. A couple of New American restaurants are raising eyebrows, as are a number of unusual ethnic restaurants. For a complete listing of veggie-friendly eateries in Denver, pick up a copy of *Nexus*, Colorado's Holistic Journal.

Music lovers will appreciate the **Mercury Café** (2199 California St., ☎ 303-294-9281), a mostly vegetarian eatery that features a 350-person dance hall in addition to a good selection of tofu and tempeh dishes. International musicians play salsa, Celtic, samba, zydeco and anything else that can get booked six nights a week. Dance lessons are often available.

GOODFRIENDS, 3100 E. Colfax Ave., Denver, ☎ 303-399-1751. Price: $$. Southwestern/Eclectic. Hours: Monday through Thursday, 11am-11pm; Friday, 11am-midnight; Saturday, 10am-midnight; Sunday, 10am-11pm.

Goodfriends is a Chili's without the loud music, bad service and unhealthy food. Always busy, the eatery is a popular hangout with a brightly lit bar area full of artwork and a restaurant section with a Western lodge feel. The specialty is Southwestern, but the menu is eclectic. The bottom line on Goodfriends: dress casually, bring your friends, and eat heartily.

Although the menu is vegetarian-friendly, don't expect wonders. But the vegerito is done well with zucchini, tomatoes, sweet corn, peppers, onions, and olives sautéed and then wrapped in a flour tortilla. It is topped with salsa as well as cheddar and jack cheeses. Amaze your friends with a sizzling platter of fajitas. Vegetarians will appreciate the eggplant option – eggplant, grilled onion, bell peppers, guacamole, cheese, sour cream, pico de gallo and flour tortillas. For something less heavy, try the nutty cheese salad – mixed greens with white cheddar and jack cheeses, slice bananas, popped wheat, sunflower seeds, toasted almonds, cashews, avocados, almonds, cashews, avocado, olives, and tomatoes in a honey mustard dressing.

Vegans, be warned: Goodfriends has a very dairy-heavy menu, and the staff isn't too aware of entrée ingredients.

Lower Downtown (LoDo)

Denver's Lower Downtown district, known as LoDo to locals, houses most of Denver's nightlife as well as some quality restaurants. A personal favorite is **Mt. Everest Restaurant** (see review below). Located in a historic building, **Delhi Darbar** (1514 Blake St., ☎ 303-595-0680) specializes in Indian cuisine and lists 13 vegetarian entrées, including a vegetarian thali on their menu. Just a few doors down is **Lim's Mongolian BBQ** (1530 Blake St., ☎ 303-893-1158). Get the vegetarian BBQ special for a dirt cheap $3.99. For a quick breakfast stop, try **Sweet Surprise Bakery & Café** (1514 17th St., ☎ 303-572-7772). Homemade specialties, such as their sour cherry muffins, make this a take-out destination.

MT. EVEREST RESTAURANT, 1533 Champa St., Denver, ☎ 303-620-9306. Price: $$-$$$. Nepalese. Hours: Monday through Wednesday, 11am-9pm; Thursday, 11am-2pm; Friday and Saturday, 11am-10:30pm; Sunday, 11am-9pm.

Anyone visiting Colorado should make sure they stop in for a taste of Nepali cuisine. Both Denver and Boulder are blessed with a couple of these hard-to-find restaurants. Nepali food is similar to Indian. The Nepalese use fewer hot spices in their food, but replace them by adding an indefinable richness. Rather that eating a heaping plate of one main dish, the Nepalese prefer to eat many small portions of various foods. There isn't a chance that you'll leave here without feeling stuffed.

Start your meal off with the samosa chaat – spicy potatoes with chili and lemons with sides of mild sweet and sour sauce and yogurt. Follow that with one of the vegetarian dinner entrées. All entrées are served on huge, "groovy" aluminum trays with separate sections for various curries. The crowd favorite is the Sherpa trek food – sides of fried noodles, mixed vegetables, vegetable momos, lentil soup, spinach, and chapati bread and an achar sauce for dipping. I found the curried eggplant Kathmandu equally excellent – curried eggplant with cauliflower, along with the same sides found in the Sherpa dish.

Most vegetarian dishes here are also vegan. Ask your server to be sure. All dinners end with a rice pudding. You won't have room for it. There is a store in the front that sells Nepalese arts and crafts, with proceeds going to support a Nepalese non-profit. Also be sure to check out the Sherpa flags. Sherpas bring these with them for spiritual guidance on their treks up Mt. Everest.

Wheat Ridge

In an old 1970s fern bar, **Gemini** (4300 Wadsworth Blvd., ☎ 303-421-4990) is a long-time vegetarian favorite in the western suburb of Wheat Ridge. Vegetarian mainstays such as wok stir-fried vegetables and spinach lasagna fill the menu.

Englewood

At **Paul's Place** (8515 Park Meadows Center Dr., ☎ 303-754-0303), alongside regular burgers and hot dogs, you'll also find a selection of healthy garden burgers,

sandwiches and salads. The neighborhood Chinese restaurant, **Twin Dragon** (3021 S. Broadway St., ☎ 303-781-8068), has a separate section of vegetarian entrées.

Denver Area Natural Foods Markets

Alfalfa's Market
5910 S. University Blvd., Littleton
☎ 303-798-9699

Alfalfa's Market
201 University Blvd., Denver
☎ 303-320-9071

Alfalfa's Market
900 E. 11th St., Denver
☎ 303-832-7701

Alfalfa's Market
870 S. Colorado Blvd., Glendale
☎ 303-691-0101

Alfalfa's Market
14357 W. Colfax Ave., Lakewood
☎ 303-277-1339

Alfalfa's Market (International Mkt)
2020 S. Parker Rd., Denver
☎ 303-695-1090

Wild Oats Market
1111 S. Washington Ave., Denver
☎ 303-733-6201

Wild Oats Market
6000 S. Holly St., Greenwood Village
☎ 303-796-0996

Wild Oats Market
12131 E. Iliff Ave., Aurora
☎ 303-695-8801

Durango

In the southwest corner of Colorado at the edge of the high desert, Durango is conveniently located near a myriad desert recreation opportunities. Four Corners National Monument, Mesa Verde National Park, the Anasazi cliff dwellings and Navajo Country are all nearby. Although Durango lies in the desert, the Rockies are not far. Some of Colorado's most remote and desirable ski resorts, such as Purgatory and Telluride, are within a two hour drive.

It's not a mirage. **Nature's Oasis Deli** (1123 Camino Del Rio Rd., ☎ 970-247-1988) serves vegetarian specials, fresh organic juices, homemade soups and salads in this remote desert town.

Estes Park

A resort town at the well-traveled eastern gate of Rocky Mountain National Park, Estes Park is packed with ranches, hotels, clothing shops, cafés and restaurants, not to mention people and a herd of elk or two. May through September are the busy months as the crowds seeking adventure stock up for hiking, horseback riding, mountain climbing, and river rafting excursions. Despite the masses, the awesome and forbidding mountains are well worth a visit, and with hundreds of miles of trails snaking well beyond the main tourist road, it is easy to get away from the trappings of civilization for a while.

Down-home cooking is available at **Molly B's** (200 Moraine Ave., ☎ 970-586-2766), a creative eatery with a tasty list of daily vegetarian specials. Homemade pies, pastries and other desserts are made from scratch in their country kitchen. If you're trying to escape all the smoky bars and taverns along busy Elkhorn Avenue, visit the non-smoking **Notchtop Bakery & Café** (459 E. Wonderview Ave., ☎ 970-586-0272). Mornings are popular, with healthy breakfasts and veggie options such as a tofu scramble, and evenings are busy as well, with pasta and stir-fry served in a festive atmosphere with occasional live entertainment. For Chinese food in Estes Park, try the **Hunan Restaurant** (460 W. Riverside Dr., ☎ 970-586-8287).

To fill your backpack for a hike through the mountains, head to **Buckwheat's Natural Foods** (870 Moraine Ave., ☎ 970-586-5658).

Fort Collins

A frontier town invaded by students from Colorado State University – and more recently high-tech professionals working for Hewlett Packard or NCR – Fort Collins is an active community near Rocky Mountain National Park, and benefits from the popularity of its more hyped neighbors, Denver and Boulder. While both get crowded with tourists, Fort Collins remains a little secret, with inexpensive lodgings and a lively Old Town district with plenty of nightlife.

The **Rainbow Restaurant** (212 W. Laurel Ave., ☎ 970-221-2664), located across from the Colorado State University oval, has been voted Fort Collins' best vegetarian restaurant. Simple café items such as soups, salads and sandwiches dominate the menu.

Take a culinary trip around the world at **Cuisine! Cuisine!** (130 S. Mason St., 970-221-0399), an elegant, formal restaurant in the heart of the city's Old Town. The European-style chalkboard menu reveals an ever-changing list of international specialties. Gourmets will also appreciate **Cossola's Pizza** (241 Linden St., ☎ 970-482-3557 and 1112 Oakridge Dr., ☎ 970-229-5771). Garden pizzas with toppings like roasted red peppers and artichoke hearts are offered with a fresh herb crust. Vegans may replace natural cheeses with soy cheese.

For bulk items, fresh organic produce and natural deli foods, **Food Co-op of Fort Collins** (250 E. Mountain Ave., ☎ 970-484-7448) is walking distance from both Old Town and the university.

Grand Junction

Before leaving Colorado on your way west, you'll pass through Grand Junction, a decent-sized agricultural community. Mountain biking trails abound in the nearby town of Fruita. Although it's not much, **Goodpastures Restaurant** (733 Horizon Dr., ☎ 970-243-3058), located at the Days Inn, offers veggie-friendly breakfasts. You can also stop at **Sundrop Grocery** (321 Rood Ave., ☎ 970-243-1175) for organically grown produce, bulk foods, sandwiches, salads, soy foods, and fresh locally baked goods. The Sundrop is located downtown.

Gunnison

The last major stop before hitting Crested Butte ski resort, Gunnison holds its own as a town of nature lovers. Rafting, kayaking, cycling, camping, windsurfing, sailing and skiing opportunities abound. The small university of Western State College keeps the town young. Vegetarians can get a quick meal at the **Firebrand Deli** (108 N. Main St., ☎ 970-641-6266), located downtown.

Salida

The small town of Salida is best known as the supply depot for the intense whitewater rafting along the nearby Arkansas River. In Salida's historic district, **First Street Café** (137 E. 1st St., ☎ 719-539-4759) has veggie burgers and other snack-type items.

Summit County

Four of the nation's premier ski resorts – Arapahoe Basin, Breckenridge, Copper Mountain and Keystone – are nestled within the boundaries of Summit County about an hour west of Denver. During winter weekends, the resorts and the roads leading to them are packed with urbanites heading up the slopes for two days of skiing. At other times of the year, mountain biking and hiking are popular activities at the largely deserted resorts.

In Silverthorne, **Sunshine Café** (Summit Place Shopping Center, ☎ 970-468-6663) is a local favorite for breakfast before hitting the slopes. Try the vegetarian breakfast burrito – bell peppers, onions, tomatoes, refried beans and sliced avocado rolled into a flour tortilla and topped with a spicy vegetarian green chili. This friendly mountain café is also open for lunch and dinner and has a good selection of vegetarian entrées.

The final run of the Breckenridge ski resort puts you right into town, creating a carnival atmosphere of red-nosed, fresh-off-the-slopes skiers and rowdy bar-hoppers. A number of restaurants here offer limited vegetarian menus, including the **Blue Moose Restaurant** (540 S. Main St., ☎ 970-453-4859), **Noodle & Bean's** (100 S. Park Ave., ☎ 970-453-8966) and the **Red Orchid** (206 N. Main St., ☎ 970-453-1881). For groceries, **Amazing Grace Natural Foods** (213 Lincoln Ave., Breckenridge, ☎ 970-453-1445) offers organic produce, bulk nuts and grains, and a deli case.

Vail

Vail's expensive price tag (lift tickets run about $60; lodging well over $100) keeps out the middle class, but those who can afford it will enjoy the nation's largest ski resort. During the summer the area is ripe with demanding hiking and mountain biking

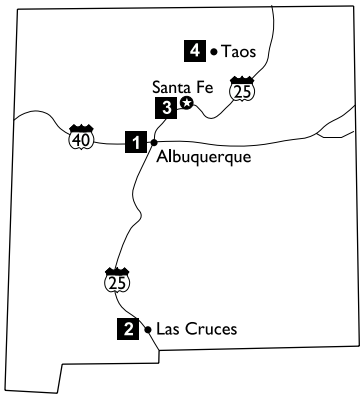
trails. For Thai food, **Siamese Orchid** (12 S. Frontage & Vail Rd., ☎ 970-476-9417) is recommended.

Winter Park

Budget skiers and snowboarders enjoy the unpretentious Winter Park Resort. Although it's hard to match the sheer beauty of Vail or Aspen, with four mountains full of trails and a 3,000-foot vertical drop, Winter Park is still world-class. During the summer, Winter Park becomes a major mountain biking destination, with a 600-mile trail system running through the valley.

Along the main strip, you can't miss **Carvers Bakery Café** (downtown Winter Park, ☎ 970-726-8202). The charming cottage is known for its good breakfasts, creative lunches and a quality bakery. Along Highway 40, purists will be happy to find the **Great Mother Store** (540 Hwy 40, Fraser, ☎ 970-726-4704), a small, funky natural foods store with an all-vegetarian café.

New Mexico



1. Frontier Restaurant; Artichoke Café; Chef Du Jour; Sharon's Garden Grille; Richard's Mexican Restaurant; India Palace; Kanome: An Asian Diner; 20 Carrots Café
2. Kalandras Vegetarian Restaurant
3. Carlos' Gosp'l Café; Counterculture; Home Planet Café; Whistling Moon Café; Parana; Tecolote Café; Blue Corn Café & Brewery; Café Oasis
4. Mainstreet Bakery & Café

On New Mexico, don't insult the locals by spelling *chile* with an *i*. They're proud of their underrated cuisine, and with good reason: New Mexico has some of the most unique and diverse dishes in America. Posole, tamales, and the ubiquitous green chile are hallmarks of New Mexico's diverse food.

With its roots in Native America, many of the region's original dishes were served without meat, especially in times of hardship. Corn was a prominent vegetable in this milieu, and this dependence on corn can still be seen in New Mexico's tortillas, tama-

les and salsas. Unfortunately, all of the Native American restaurants that I found are carnivorous affairs.

There are many ways a vegetarian can sample New Mexican cuisine throughout the state. The featured restaurants in Albuquerque, Santa Fe, and Taos point out the hot spots. On top of that, New Mexico also has the usual ethnic stand-bys. Check out any of the Chinese, Indian and Thai restaurants, and you'll be sure to find a good bite.

Albuquerque

Albuquerque locals get their kicks on Route 66. The old road (called Central Avenue within the city limits) is worth a drive just for all the old signs that still adorn gas stations and diners along the route. It also crosses right in front of the University of New Mexico and the funky Nob Hill neighborhood.

One of Albuquerque's most popular stop-offs for budget travelers is here. **Frontier Restaurant** (2400 Central Ave. SE, ☎ 505-266-0550) isn't exactly a mecca for vegetarians, but it's cheap, it's open 24 hours, it's full of Southwestern bric-a-brac, and it's got enough seats for the entire University of New Mexico student body.

Other restaurants along Route 66 might hold more interest to non-carnivores. **Artichoke Café** (424 Central Ave. SE, ☎ 505-243-0200) is a standout. This classy joint specializes in fish and poultry, but you'll find some vegetarian delights such as the sea bean salad with sun-dried cranberries and cherries. Another veggie-friendly fine dining restaurant in Albuquerque is **Chef Du Jour** (119 San Pasquale SW, ☎ 505-247-8998). Serving "New World cuisine," their menu always features a vegetarian entrée.

SHARON'S GARDEN GRILLE, 2325 San Pedro Dr. NE, Albuquerque, ☎ 505-872-3680. Price: $. Vegetarian, 100% meatless, vegan options. Hours: Monday through Friday, 11am-8pm; Saturday, 11:30am-4pm.

If you're a vegetarian and you're feeling like you took a wrong turn in Albuquerque, come to Sharon's Garden Grille to get your bearings straight. Copies of the *Vegetarian Times* and racks of vegetarian cookbooks greet you as you walk up to Sharon's counter. The menu is all-vegetarian with only a few non-vegan items. You don't have to order a grilled-cheese sandwich here.

Order at the counter, grab a number and wait for your waitress (most likely Sharon herself) to bring you one of the restaurant's many vegan specialties. Potato leek soup was the soup of the day when we arrived. The mild, sweet soup was perfect for a light lunch. Also try the cleverly named chili sin carne. For a larger meal, try the green chile tamales – tamales stuffed with beans, corn, spinach, bell peppers and cilantro served with a spicy New Mexican green chile. The tempeh Reuben is an excellent attempt on the original – grilled slices of soy tempeh, sauerkraut and melted soy cheese between two slices of rye bread. Thousand Island dressing is served on the side.

For anyone religious about his or her diet, this is a great place to eat out. All meals are cooked with a rare dietary sensibility – almost any need can be catered to. The owner, Sharon, is usually there and can tell you what's in everything on the menu.

Sharon also offers occasional cooking classes, generally on Monday nights ($20 for a two-hour class). "Cooking with Soyfoods" and "Cooking with Grains and Beans" were being offered when I visited.

RICHARD'S MEXICAN RESTAURANT, 3301 Menaul Blvd. NE, Albuquerque, ☎ 505-881-1039. Price: $. Southwestern. Hours: Open daily, 8am-3:30pm.

New Mexican cuisine is a must-try for visitors to the state. Unfortunately for vegetarians, it's hard to find meat-free versions of New Mexico's specialties. At Richard's, though, they don't use chicken stock in either the green chile or posole, so by all means sample away! Lost in a strip mall, Richard's surprises you with a bright atmosphere displaying traditional Southwestern pink and turquoise colors. The down-home service is comforting and relaxing.

The food at Richard's isn't overly creative or original, but having healthy versions of old New Mexican stand-bys is enough to draw a good-sized crowd. For breakfast try the huevos rancheros – two eggs served over a corn tortilla and topped with cheddar cheese and green chile. Your choice of fideo, posole, or pepitas is served on the side. At lunch, the Santa Fe enchilada is popular – two flat bean enchiladas smothered with chile Colorado and cheese, and garnished with lettuce, tomatoes and onions. A whole wheat tortilla or sopaipilla is served on the side. Another Southwestern treat is the vegetarian tamale plate – two tamales stuffed with lentils and brown rice then topped with green chile and cheese. Fideo, posole or pepitas are again served on the side.

Vegans beware: There's a lot of dairy here, but you can substitute eggbeaters for eggs in any of the dishes.

INDIA PALACE, 4410 Wyoming St., Albuquerque, ☎ 505-271-5009. Price: $$-$$$. Indian. Hours: Open daily, 11:30am-2:30pm and 5pm-10pm.

Albuquerque's most elegant Indian restaurant has a number of vegetarian dishes well-marked on their menu. India Palace's formal setting is perfect for impressing a large group of people for dinner or for a business power lunch. The lunch buffet does offer a few vegetarian dishes. Be sure to ask your server for the daily specials.

Your best bet at India Palace is to order the full vegetarian dinner. The dinner comes with dal (lentil soup), sag paneer (spinach with homemade cheese), navartan korma (a mixed vegetable curry), and raita (yogurt with cucumber used as a condiment). The restaurant has a large wine selection – be sure to order a wine that goes well with the spicy food.

Possibly the best attribute of India Palace is the Indian grocery store next door. Buy yourself a book on Indian cooking and then come here to buy inexpensive garam masala, coriander and cardamom.

KANOME: AN ASIAN DINER, 3128 Central Avenue SE, Albuquerque, ☎ 505-265-7773. Price: $$-$$$. Asian. Hours: Tuesday though Thursday, 5pm-10pm; Friday and Saturday, 5pm-11pm; Sunday, 5pm-10pm.

Kanome's hip and industrial setting seems out of place in ranch-style Albuquerque. Locals, though, are happy to have an urban-inspired restaurant in their town. Fiber-optic cables serve as lighting underneath the counter seating, and galvanized metal chairs and glossy red tables sit under exposed pipes and ventilation ducts. Kanome's dining "concept" is post-industrial as well. Dishes are brought out in no particular order, encouraging diners to share meals when they are brought to the table. The communal experience is an entertaining one.

Choose a number of Kanome's tapas-size plates for a full meal. An excellent choice is the Asian spinach soup, served steaming hot with tofu and taro crackers in an earthen pot called a tureen. Another hit is the tempura tofu and vegetable stick with black bean garlic sauce – red peppers, tofu and assorted vegetables in a rich, plum-like sauce served over rice. If you like noodles, try the long life noodle bowl with ramen, mushrooms and ginseng.

Although the food and décor were excellent, I was distracted by Kanome's "attitude." On my visit, the head chef berated a staff member in front of me while I sat at the counter. It was something you might expect in the back room of a restaurant in New York City, but not in front of paying customers in relaxed Albuquerque.

20 CARROTS CAFE, 2110 Central Ave. SE, Albuquerque, ☎ 505-242-1320. Price: $-$$. Vegan options, organic produce. Hours: Contact restaurant for current hours.

The vegetarian community in Albuquerque cried "fowl" when 20 Carrots Café added chicken and turkey to their menu and lost their distinction for being the only vegetarian game in town. Despite this unfortunate turn of events, the little café across the street from the University of New Mexico still serves simple eats in an open air setting to students who come in for a quick, healthy meal.

Its light fare includes the vegan burrito – spring greens, veggie burger pieces, tomato, onion, carrot, cucumber, salsa and mustard wrapped in a whole wheat tortilla. The Japanese nori roll is a sheet of nori wrapped around brown rice, sprouts, cucumber, avocado and onion then topped with a plum sauce. Wasabi, mustard, and soy sauce are served on the side for dipping. If you're really on the run, come in for one of 20 Carrots' smoothies. The "Wild Thing" is 20 ounces of apple, orange and lemon juice with a shot of wheatgrass.

Mostly an order-and-run kind of place, 20 Carrots has good seating for spreading out your books and eating a decent meal. The café's only drawback is its prices. Five bucks for a smoothie and six for a cheese omelette seemed a little steep.

Las Cruces

In Las Cruces, **Kalandras Vegetarian Restaurant** (1706 S. Espina St., ☎ 505-525-3384) represents all major continents with an international flair. Try the Mexican lasagna, the Indian platter, or choose from a number of pasta dishes.

Santa Fe

Santa Fe is a tourist's town, and there are good restaurants on every corner. Don't forget your credit cards, though, because dining out here can be expensive.

Mornings in Santa Fe start late at **Carlos' Gosp'l Café** (125 Lincoln Ave., ☎ 505-983-1841). Repent from a night on the town with Carlos' Hangover Stew – a potato, corn and green chile chowder simmered with Monterey Jack cheese. Carlos' also serves huge sandwiches. The restaurant doesn't open until 11am, so be sure to sleep in. Early birds should head to **Counterculture** (930 Baca St., ☎ 505-995-1105). Cheap and quick, it's great for a fresh, healthy breakfast on the run.

Another popular spot for budget travelers is **Home Planet Café** (112 W. Marcy St., ☎ 505-984-8714). They advertise "comfort food for anxious times," and you'll indeed find a place to relax at the "Home Planet." Ask for the dragon bowl without the chicken – a steaming mix of grilled veggies, greens, beans, rice and tofu.

Two other restaurants are worthy of mention; if they were a little more veggie-centric, I would have featured them. **Whistling Moon Café** (402 N. Guadelupe St., ☎ 505-983-3093) specializes in Mediterranean cuisine. You'll find the usual baba ganouj and hummus plates here, but you might want to head straight for the spicy coriander-cumin fries. Whistling Moon's sister café, **Parana** (320 S. Guadelupe St., ☎ 505-983-7705), is a paradise for lovers of the exotic. Heavy spices and herbs compliment aromatic Thai and Korean dishes.

TECOLOTE CAFE, 1203 Cerrillos Rd., Santa Fe, ☎ 505-988-1362. Price: $-$$. Southwestern breakfasts. Hours: Open daily, 7am-2pm.

Immensely popular, Tecolote Café is a fast-paced breakfast and lunch joint a little way out from the central tourist district. Although it's not much of a vegetarian restaurant (they have an entire section on their menu devoted to "breakfast meats"), Tecolote is one of the few New Mexico-style restaurants that uses no meat products in their chile or beans.

The "El Corazon" is a hands-down choice for vegetarians. It's a breakfast burrito made with scrambled eggbeaters, vegetarian sausage, and red or green chili. Cheese can be added on request. Be careful, though, if you're a vegan: the Morningstar brand of sausage links and strips used here contains dairy. Bring your fire extinguisher if you try the "Sheepherder's Breakfast" – new potatoes boiled with jalapeño and onion, then browned and topped with red and green chile, melted cheddar and an egg any style. If your breakfast comes with an option, be sure to choose the breakfast basket. Six amazing homemade muffins and breads accompany your meal. Also make sure to find out the fruit of the day. The cantaloupe that I had was out of this world.

BLUE CORN CAFE & BREWERY, 133 Water St., Santa Fe, ☎ 505-984-1800. Price: $$. Southwestern. Hours: Open daily, 10:30am-9pm.

Blue Corn Café & Brewery, with its sprawling interior and its central location just off the plaza, is a great find. A dark adobe interior makes for an enchanting setting at night while the outdoor patio provides an excellent vantage point for gazing onto the street in the mornings or afternoons. On top of that, Blue Corn Café is kind enough to have marked its vegetarian dishes with a blue spiral, giving the healthy crowd ample reason to check out this popular spot.

For starters try the grilled corn and chipotle soup. This creamy yet spicy house specialty is a true tongue teaser. A great item off the tapas list is the jalapeño-stuffed pretzels – three spicy, jumbo pretzels served warm with garlic ale mustard. They're great with a pint of house ale. Another house specialty is the tortilla burger – the vegetarian version is a veggie patty topped with red or green chili and cheese and wrapped in a large flour tortilla, served with fries or a black bean pasta salad. It's not exactly the healthiest thing on the menu, but hard to resist. For more hearty fare, the portobello veggie fajitas are an excellent choice – marinated mushroom strips grilled with onions and bell peppers and served with flour tortillas, sour cream, guacamole, cheese, lettuce and salsa.

CAFE OASIS, 526 Galisteo St., Santa Fe, ☎ 505-983-9599. Price:$-$$. Organic produce, vegan options. Hours: See below.

Possibly the most bizarre establishment that I've run across in my ramblings, Café Oasis advertises itself as an "oasis in the desert of life." It consists of a number of theme rooms, which the "staff," a mother and her child, will show you before you choose where to sit. There's the social room in front that is like a café space, a mystic room where you take your shoes off to dine, a romantic room consisting of low-lying tables in a loft-like balcony space, and the smoking room for smoking diners. For late breakfasts and bird watching, there's also a huge outdoor patio complete with a rock garden.

Despite its oddity, Café Oasis is fervent about sticking to organic ingredients whenever possible. Eggs are from free-range chickens, and the meat items that are on the menu are hormone-free. For a colorful breakfast try the breakfast parfait – granola layered with yogurt and fresh fruit, served in a tall glass. The "Ova Ride 'm" is two eggs with locally made blue corn tortillas, topped with your choice of red or green chile and jack and cheddar cheeses. Pinto beans and basmati rice are served on the side. Lunch and dinner items are all on the light side. The Greek salad is wonderful – organic spinach, Greek olives, tomatoes, cucumbers, red onions, feta cheese and toasted almonds with a lemon feta dressing.

The posted hours at Café Oasis are Saturday and Sunday, 9:30am to 2:30pm, and "flexible" on weekdays, but basically they're open at the management's whim. Call ahead. Or better yet, show up just to see the café's odd front entrance.

Taos

What is Taos? A skier's paradise? An artist's enclave? A filmmaker's showcase? A Native American village? A nondescript town? It could be any one of these things: it all depends on when you show up.

There are several restaurants in Taos to recommend, but my favorite places here are the ones frequented by the locals. Ask around and avoid the crowds.

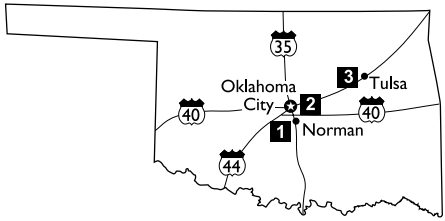
Featured Restaurant RATING

MAINSTREET BAKERY & CAFE, 112 Dona Luz Plaza, Taos, ☎ 505-758-9610. Price: $. Southwestern, organic produce, vegan options. Hours: Contact restaurant for current hours.

Taos has plenty of restaurants catering to the tourists and skiers that pour into this small town on weekends, but Mainstreet Bakery & Café is a local's spot. Fresh breads, locally grown vegetables, and cheap prices in a simple setting keep folks pouring in.

Migas are a New Mexico specialty – two eggs scrambled with garlic, onions, cheese, tortilla chips and green chili. Black beans and homemade corn bread are served on the side. The square meal will keep you going all day on the slopes – two eggs scrambled with garlic, green onion, fried rice, tamari, and served with black beans or homefries and toast. For vegans there's also a tofu version available of the square meal. Be sure to order one of Mainstreet's home-baked breads with your breakfast – the cornbread was my choice, although the carrot poppy seed and orange date-nut sounded excellent. Lunches are equally inviting. The salade de maison verte is a bed of wild organic mixed greens with seasonal vegetables and a variety of seeds. Choose from lemon tahini, jalapeño honey Dijon, and pesto vinaigrette dressings. Another favorite is the Idaho volcano – a steaming hot potato erupting with a green chile mushroom sauce, then topped with cheese, lettuce and red onion. Garden burgers are also served here. Choose from a large selection of toppings. An outdoor patio fronts the restaurant. It's perfect for cool, high-altitude mornings.

Oklahoma



1. Lovelight Restaurant; Earth Natural Foods & Deli
2. Grateful Bean Café; Gopuram Taste Of India; Miriwa Restaurant; Nena Wine Bar & Bistro; Earth Natural Foods & Deli; Akin's Natural Foods Market
3. Be Le Vegetarian; Big Al's Subs & Health Foods; Cedar's Deli & Catering; Bangkok Restaurant; Akin's Natural Foods Market

Oklahoma's peaceful plains and lonely forests mask the state's turbulent and often violent past. Originally designated "Indian territory" by the US government, Oklahoma saw a run of white settlement in the late 1800s as the natives were moved to smaller and smaller parcels of land. Things looked good for the settlers until the 1930s when the combination of overgrazing and severe drought created Oklahoma's infamous "Dust Bowl." Farmers literally lost all their topsoil, causing the entire western half of the state to remain cropless for years. Things settled down for farmers over the years with increased conservation, and the oil industry brought some much-needed income to the state. On the whole, vegetarian restaurants in Oklahoma are few and far between, but nonmeat-eaters will find plenty of farmers' markets and produce stands in its small towns and cities.

Norman

Norman is the home of Oklahoma University's "Boomer Sooners." Cheap eats can be found at **Lovelight Restaurant** (529 Buchanan St., ☎ 405-364-2073) where you create your own sandwiches at the eatery's counter. Pick up healthy take-out food at **Earth Natural Foods & Deli** (309 S. Flood St., ☎ 405-364-3551).

Oklahoma City

This secure, sprawling Midwestern town was changed forever in 1995 with the bombing of the Federal Building by right-wing extremists. Although the city's main industries were unaffected, the city is still struggling to regain its easy self-confidence.

Beef is the prime focus of any OKC meal, but a few veggie-friendly places are scattered about the city. Not far from the Federal Building, **Grateful Bean Café** (1039 N. Walker St., ☎ 405-236-3503) is frequented by government employees looking for a healthy lunch break. Vegetarian options, such as Nancy's beanburger, are a welcome respite from the traditional Oklahoma City half-pound burger.

A couple of ethnic food options lie along NW 23rd Street. **Gopuram Taste Of India** (4559 NW 23rd St., ☎ 405-948-7373) has daily selections of vegan and vegetarian selections and a staff well-versed in vegetarianism. The **Miriwa Restaurant** (825 NW 23rd St., ☎ 405-524-6158) offers both Vietnamese and Chinese meatless dishes.

Oklahoma City's Northwest Expressway is restaurant row. Here you'll find the California-style **Nena Wine Bar & Bistro** (3321 NW Expressway, ☎ 405-848-6362) with light meat, seafood, and some vegetarian entrées. Although the restaurant is elegant, feel free to dress casually.

For natural foods groceries, **Earth Natural Foods & Deli** (1101 NW 49th St., ☎ 405-840-0502) carries organic produce and has a deli with a good selection of vegetarian entrées. Near Lake Hefner, **Akin's Natural Foods Market** (2924 NW 63rd St., ☎ 405-843-3033) has a fully stocked juice bar and bakery in addition to a standard supply of natural foods and organic produce.

Tulsa

Tulsa is smack dab in the middle of the Bible Belt, with the religious Oral Roberts University and a string of well known, fiery televangelists. Be careful espousing your vegetarian ways, lest you be labeled a commie.

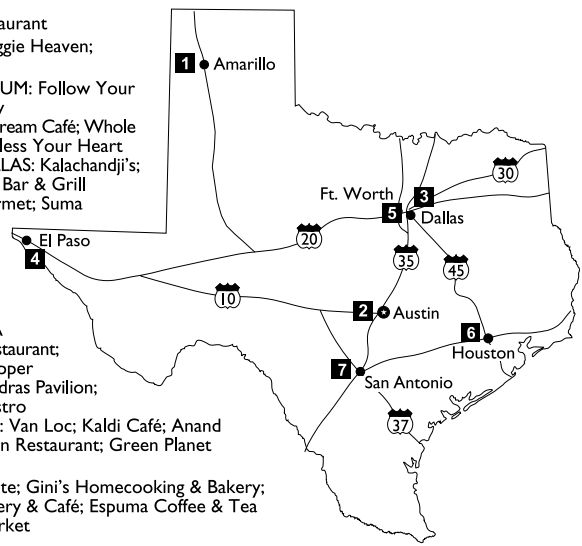
Believe it or not, Tulsa has its very own vegetarian restaurant, **Be Le Vegetarian** (3121 S. Mingo Rd., 918-664-0292). Most items on the menu are vegan as well. No eggs are used in the preparation of the restaurant's Buddhist-influenced Chinese mock meat dishes.

Other veggie-friendly places in town include **Big Al's Subs & Health Foods** (3303 E. 15th St., ☎ 918-744-5080), which features sandwiches, burritos, salads, soups and juices, as well as a good selection of natural foods supplies. Also in the deli category, **Cedar's Deli & Catering** (2606-M S. Sheridan Rd., ☎ 918-835-5519) serves vegetarian soups and sandwiches. For ethnic food try Thai at **Bangkok Restaurant** (3313 E. 32nd Pl., ☎ 918-743-9669).

Akin's Natural Foods Market has two locations for picking up natural food items (51st and Memorial, ☎ 405-663-4137; and 31st and Harvard, ☎ 405-742-6630).

Texas

1. Back To Eden Gourmet Restaurant
2. Mother's Café & Garden; Veggie Heaven; Wheatsville Food Co-Op
3. DOWNTOWN & DEEP ELLUM: Follow Your Heart; Francis Simun's Bakery
   UPTOWN & GREENVILLE: Dream Café; Whole Foods Market; Planet Café; Bless Your Heart
   ELSEWHERE AROUND DALLAS: Kalachandji's; Chow Thai; Health Hut Juice Bar & Grill
   RICHARDSON: Macro Gourmet; Suma Veggie Café; Veggie Garden; Suprabhat
4. Delhi Palace; Singapore Café
5. The Back Porch; Cowtown Natural Foods
6. MONTROSE: Hobbit Café; A Moveable Feast; Baba Yega Restaurant; Gyro's & Vegetarian; Thai Pepper
   UPPER KIRBY DISTRICT: Madras Pavilion; Cedars; Dalat Vietnamese Bistro
   ELSEWHERE IN HOUSTON: Van Loc; Kaldi Café; Anand Bhavan; Wonderful Vegetarian Restaurant; Green Planet Vegetarian Café
7. Viet-Nam Restaurant; Adelante; Gini's Homecooking & Bakery; India Oven; Twin Sisters Bakery & Café; Espuma Coffee & Tea Emporium; Whole Foods Market



Texans and non-Texans alike agree that there's only one adjective to describe Texas – big. Whether it's big oil, big money, big airports, big hats, big belt buckles, or big open spaces, Texas has it all. Texans don't eat quiche. This is cattle country; consuming large quantities of Longhorn steer is a revered tradition. Vegetarians can get by, and the locals are friendly enough, but be prepared to be ribbed a little.

Amarillo

When on national television Oprah Winfrey dared suggest that meat might be bad for you, she was slapped with a slander suit by the cattle industry. The trial took place in Amarillo and, thankfully, the good citizens of the city showed some class and welcomed her with open arms. Even with a conservative judge, Oprah was found not guilty. Perhaps even Amarillo is growing tired of its "Hereford winds."

Light, though not entirely vegetarian, cuisine can be found at **Back To Eden Gourmet Restaurant** (2425 W. Interstate 40, ☎ 806-353-7476).

Austin

Jokingly referred to as "the magic mushroom in the cow patty of Texas," Austin has a reputation for being eccentric.

As both the state's capital and home to its largest and most prestigious university, Austin houses the state's greatest thinkers. It is also, undoubtedly, the state's music capital. Sixth Street has a worldwide reputation as ground zero for musicians on the move.

MOTHER'S CAFE & GARDEN, 4215 Duval St., Austin, ☎ 512-451-3994. Price: $$. 100% meatless, vegan options. Hours: Monday through Friday, 11:15am-10:00pm; Saturday and Sunday, 10am-10pm.

Enter Mother's indoor garden, settle into your seat among the trees, then relax to gentle guitar music. The walls and floor of the interior are decorated with greenery, making it a maze to reach your table. The service is prompt and efficient. Mother's offers the décor many restaurants lack and provides delicious entrées that are sure to fill you up.

After checking for the soup of the day, indulge in the artichoke enchiladas filled with black olives, Monterey Jack cheese and mushrooms all baked in ranchero sauce. Mother's offers a delicious spinach lasagna (eggless spinach pasta) loaded with ricotta cheese, fresh spinach and a pecan filling, then baked with jack and Parmesan cheeses. The garden stir fry is delectable. Don't leave this place without trying one of their smoothies. The energizer – a mix of carrot juice, piña colada juice, papaya juice, banana, orange and strawberries – is sure to give you all the energy and willpower you could possibly want.

Mother's is located in the Hyde Park area of Austin, known for its unique homes and shops. The restaurant adds color to the small shopping center it occupies. Live music is played at Mother's sporadically, so go on a Friday or Saturday to get your dose of classical guitar and fresh vegetables. – *Reviewed by Joe Frost*

VEGGIE HEAVEN, 1914A Guadalupe St., Austin, ☎ 512-457-1013. Price: $-$$. Chinese, 100% meatless, vegan options. Hours: Monday through Friday, 11am-9pm; Saturday and Sunday, noon-9pm.

Don't trip over the backpacks when you enter, and don't be surprised by all the young faces. Veggie Heaven is a favorite destination for students from the University of Texas at Austin because they enjoy the savory meals, the personable atmosphere, and the undeniable convenience. Veggie Heaven is located just across the street from the university campus and brings the unique charm of an Oriental environment to a well-traveled street fondly referred to as "The Drag."

For a full meal, try seventh heaven (with or without spice) – a conglomeration of roasted mushrooms, celery, squash, zucchini and bell peppers in a delicious basil sauce. If you're not up for a full meal, never fear! The 95% vegan menu also boasts a wide variety of pasta, salads and wraps. "Mt. Everest" is a delicious wrap with avocados, mushrooms, chopped olives, herbs, alfalfa and cream cheese (optional). The tofu dishes at Veggie Heaven are also good choices, such as the spicy soybean tofu, hoisin tofu, and eggplant tofu. Take-out service is also offered.

Veggie Heaven has won several well-deserved awards from the *Austin Chronicle*, including the 1998 Best Vegetarian Restaurant in Austin. It's fast, it's inexpensive, and it's a restaurant you must visit. For a vision that'll make your mouth water, check out their Web site and menu (complete with color photos) at www.veggieheaven.org. *– Reviewed by Joe Frost*

WHEATSVILLE FOOD CO-OP, 3101 Guadalupe St., Austin, Store: ☎ 512-478-2667, Deli: ☎ 512-478-1164; www.wheatsville.com. Price: $. Organic food market and deli, vegan options, organic produce. Store open daily, 9am-11pm; Deli open 9am-9pm.

Looking for quality organic food at low prices? Look no further! Wheatsville Food Co-op is a veritable gold mine of vegetarian food and organic produce. With walls stacked high with a colorful array of fresh fruit and vegetables and a staff committed to vegetarian lifestyles, Wheatsville Co-op should become a familiar destination for vegetarians across the country.

In their deli you'll find sandwiches, salads, espresso drinks, smoothies, tacos, tamales, empanadas, pizza, tabbouli, rice and beans; each under $5. The delicious vegetable sandwich tastes just like it sounds: all your favorite fixin's loaded onto your choice of bread or roll (vegan mayo available). Other favorites include the spicy chipotle mushroom tamales and the tofu salad sandwich. Buy your food at the front of the store and eat at the tables outside. As a special treat, indulge in an invigorating massage from the co-op's own therapists.

This market is owned and operated by its loyal customers as the name implies. An elected board makes managerial-type decisions and members are welcome to volunteer to work here. The employees/members bring their own unique ideas to the co-op, making them a creative bunch. A membership to the co-op costs $15 for a year, $70 for a lifetime. Non-members pay a 7% mark-up on each purchase. Even with the mark-up, prices are lower than your typical organic grocery store. *– Reviewed by Joe Frost*

Dallas

Dallas is different things to different people. For some, it's a temple of Bible-thumping Christianity; for others, a hedonistic shopping mecca; for a few, the center for an underground Texan gay community; for most, just a safe place to raise the kids.

Vegetarians will find it difficult to escape corporate-owned, steak-happy restaurants, but if you have a car and some ingenuity, Dallas does offer a few gems.

Downtown & Deep Ellum

Dallas' downtown skyline is a sight to behold – slick, green-glassed buildings and odd-shaped spherical towers give it a very modern feel. The best views are from across the Trinity River. Downtown proper gets deserted at night (and quite dangerous). Nightlife centers around Deep Ellum to the east of downtown, the West End marketplace to the west, and north (uptown) to the Greenville and Cedar Springs neighborhoods.

For a quick business lunch downtown, **Follow Your Heart** (600 N. Pearl St., ☎ 214-953-0411) advertises fresh, low-fat fare for the health-conscious. Almost unstated is the surprise that the eatery uses no meat, dairy or eggs, making it almost completely vegan. From off the blackboard menu, choose from simple entrées such as the veggie-hummus wrap or the penne pasta with mushrooms. The restaurant is located in the expansive Plaza of the Americas. In Deep Ellum, **Francis Simun's Bakery** (3106 Commerce St., ☎ 214-741-4242) has a huge selection of vegan and organic muffins, scones and sweets.

One of Dallas' pleasant surprises is its daily **farmers' market** on the Pearl Expressway between Harwood Street and Central Expressway. The market is the largest urban market in the country, sprawling over four city blocks with the fresh fruit and vegetables of over 1,000 farmers. The market is open daily from sunrise to sunset. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Uptown & Greenville

North of downtown are several commercial enclaves where Dallas' young and restless come to carouse. The Routh Street district is undergoing a major revival with a couple of good micro-breweries, bars and New American restaurants. On the main strip you'll find **Dream Café** (2800 Routh St. #170, ☎ 214-954-0486), a cute, health-minded café best known for its Texas-sized breakfasts. The dinner menu contains an always changing "planet earth" vegetarian feast. All menu items can be made vegan upon request. The restaurant is non-smoking except for the patio. Greenville is a popular nightclub strip frequented by students of Southern Methodist University. Along the drag is **Whole Foods Market** (2213 Greenville St., ☎ 214-824-1744), a huge natural foods store with a vegan-friendly deli and café.

Farther north, in the enormous Preston Center shopping mall, you'll find **Planet Café** (6106 Luther Ln. at Preston Center, ☎ 214-368-2456), a healthy eatery serving tofu fajitas and veggie burgers made with ground broccoli, peas and squash. Along

the LBJ Freeway at Preston, **Bless Your Heart** (12829 Preston Rd., Ste. 211, ☎ 972-490-6006) serves homemade soups and salads in a cafeteria-like atmosphere.

Elsewhere Around Dallas

In east Dallas, Hare Krishna followers run **Kalachandji's** (5430 Gurley Ave., ☎ 214-821-1048), a purely vegetarian Indian restaurant. Inexpensive lunches and dinners are served buffet-style. In Addison along an enormous restaurant row, you'll find **Chow Thai** (5290 Belt Line Rd., ☎ 972-960-2999), a chic place with light fare dominated by veggies. In Valley Ranch, famed as the location of the Dallas Cowboys' training facilities, you'll find **Health Hut Juice Bar & Grill** (10010 N. McArthur Blvd., Valley Ranch, ☎ 972-910-8888).

Richardson

A northern suburb of Dallas, Richardson boasts an unusual number of vegetarian restaurants. **Macro Gourmet** (850 S. Greenville Ave., ☎ 972-669-8328) is one of the Dallas area's best-kept secrets. The mostly meatless, mostly organic entrées include portions of many different foods in line with a macrobiotic philosophy. Dishes such as the black bean enchiladas are served with the soup of the day, brown rice, vegetables of the day, and a salad with a tofu-based dressing. Buddhists run the Chinese **Suma Veggie Café** (800 E. Arapaho Rd., ☎ 972-889-8598). True to Buddhist cooking, this relaxed, family-run eatery serves all-vegan, fake-meat dishes using wheat gluten and exotic mushrooms. A second Chinese Buddhist restaurant, also located on Arapaho, is **Veggie Garden** (510 W. Arapaho Rd. #112, ☎ 972-479-0888). Also entirely vegan, Veggie Garden uses soy, tofu and TVP (textured vegetable protein) to create imitation beef, chicken, pork, shrimp and fish, and even squid. It isn't your average vegetarian spot. The staff is knowledgeable, so feel free to ask questions. Vegetarians familiar with southern Indian food will be happy to hear about **Suprabhat** (581 W. Campbell Rd., ☎ 972-437-9727). Meatless potato and veggie pakoras, masala stew, various dosai and vada are served in a sleek, artsy space.

Dallas Area Natural Foods Markets

Whole Foods Market
2218 Greenville Ave., Dallas
☎ 214-824-1744

Whole Foods Market
7205 Skillman St., Dallas
☎ 214-341-5445

Whole Foods Market
60 Dal Rich Village, Richardson
☎ 972-699-8075

Whole Foods Market
2201 Preston Rd., Suite C, Plano
☎ 972-612-6729

Wild Oats Markets
3060 Mockingbird Ln., Dallas
☎ 214-361-7122

El Paso

A border town with a booming Mexican population, El Paso is located at the westernmost tip of Texas, making it more the capital of southern New Mexico than of Texas. El Paso is a good place to stop for supplies before heading to Carlsbad Caverns, Big Bend or Roswell.

A couple of ethnic restaurants in El Paso offer vegetarian options. **Delhi Palace** (1160 Airway Blvd., Ste. E1, ☎ 915-772-9334) has a vegetarian section on their menu, and **Singapore Café** (1421 Lee Trevino Dr., ☎ 915-590-2424) serves Thai specialties.

Ft. Worth

Dallas' lesser known sibling, with a burgeoning population of over half a million, has in many ways outdone its larger neighbor. A better arts scene, excellent museums, more parks, and gentler social policies have made "Cowtown" the city of choice for younger families.

Steak-eating and cattle-raising are big in Ft. Worth. They even ride the poor beasts in restaurants like Billy Bob's. **The Back Porch** (3400-B Camp Bowie Blvd., ☎ 817-332-1422), conveniently located a block from both the Amon Carter and Kimball Art Museums, is about as veggie-friendly a place as you'll find. Peruse their extensive salad bar or order a cheeseless pizza. A second location can be found near Texas Christian University (2500 Berry St., ☎ 817-923-0841).

For natural food groceries in Ft. Worth, **Cowtown Natural Foods** (3539 E. Lancaster Ave., ☎ 817-531-1233) has a good selection of organic produce and bulk items.

Houston

Houston's heat and humidity, along with major sprawl, keeps it from having much of a street life. Cars are king, and the bigger the better. Its main restaurant scene lies along an imaginary line running east to west from downtown to the West Loop Freeway roughly following Westheimer Road.

Montrose

It's hard to be cool in a city this hot, but in Montrose folks sure try. The grungy neighborhood has galleries, cafés, restaurants, tattoo parlors and a lively gay scene. **Hobbit Café** (2243 Richmond St., ☎ 713-526-5460) is a Houston tradition dating back some 26 years. Once Houston's only vegetarian restaurant, the Hobbit has gone eclectic, adding meat to their menu. Still, the food is great and as original as ever. Try the spinach and mushroom enchiladas with a grilled tomato and pepper mole sauce. If the weather is right, be sure to take a table underneath the oak trees on the outdoor porch.

Another uniquely Houston establishment is **A Moveable Feast** (2202 W. Alabama St., ☎ 713-528-3585). This natural-food restaurant serves an inviting mix of Tex-Mex and Southern food with a vegetarian twist. No-meat chili "happy burgers," cheeseless spinach enchiladas, and faux "chicken-fried steak" are all options. A daily macrobiotic plate of vegetables and grains is also served. The second location recently opened in West Houston (9341 Katy Freeway., ☎ 713-365-0368). The quirky **Baba Yega Restaurant** (2607 Grant St., ☎ 713-522-0042) has perfected the "eating in your living room" feel. The ticket here is 1970s-style health food with well-worn favorites such as the avocado, sprouts and cheese sandwich.

Inexpensive ethnic food is another highlight of the Montrose district. **Gyro's & Vegetarian** (1536 Westheimer Rd., ☎ 713-528-4655) is a friendly little sandwich shop serving dependable Mexican and Greek specialties. Meanwhile, nearby **Thai Pepper** (2049 W. Alabama St., ☎ 713-520-8225) consistently gets rave reviews from Houston diners. The staff is always willing to transform its carnivorous dishes into vegetarian ones.

Upper Kirby District (Compaq Headquarters)

Houston's Upper Kirby District, home to the Compaq corporation, is invaded on weekdays by Compaq office workers grabbing a quick bite before heading back to their computer screens. A truly great find is the **Madras Pavilion** (3910 Kirby Dr., Suite 130, ☎ 713-521-2617), an authentic, all-vegetarian Southern Indian café. The lunch buffet is excellent and gives you a chance to sample many different specialties. Popular healthy eats can be found at the **Cedars** (4703 Richmond Ave., ☎ 713-572-9445) Middle Eastern cafeteria. The eatery offers a vegetarian buffet for its non-meat-eating friends. Compaq execs take visiting Silicon Valley types to the upscale and contemporary **Dalat Vietnamese Bistro** (3241 Southwest Freeway, ☎ 713-669-9375). Complex meat dishes are served alongside simple tofu stir-fries in this please-everyone establishment.

Elsewhere in Houston

Just west of downtown in Little Saigon, **Van Loc** (3010 Milam St., ☎ 713-528-6441) is recommended for its Vietnamese vegetarian specialties. Uptown from the North Loop freeway, the charming **Kaldi Café** (250 W. 19th St., ☎ 713-802-2246) is a favorite for its weekend brunches. Waffles with fresh fruits and gourmet omelettes are recommended.

In Bellaire, **Anand Bhavan** (6662 Southwest Freeway, ☎ 713-977-0150) serves all-vegetarian South Indian specialties such as the masala dosai, a vegetable-stuffed crêpe, and sambar, a spicy soup made with red lentils, coconut and vegetables. On busy Westheimer Road, the **Wonderful Vegetarian Restaurant** (7549 Westheimer Rd., ☎ 713-977-3137) serves Chinese Buddhist fake-meat dishes in a sterile but peaceful environment. Farther west, **Green Planet Vegetarian Café** (9013 Westheimer Rd., ☎ 713-783-6622) offers the same cuisine as Wonderful, but served buffet-style. Both restaurants are completely vegan.

Houston Natural Foods Markets	
Happy Vegetarian Market 6131 Wilcrest Dr., Houston ☎ 281-879-8989	Whole Foods Market 11145 Westheimer Rd., Houston ☎ 713-784-7776

San Antonio

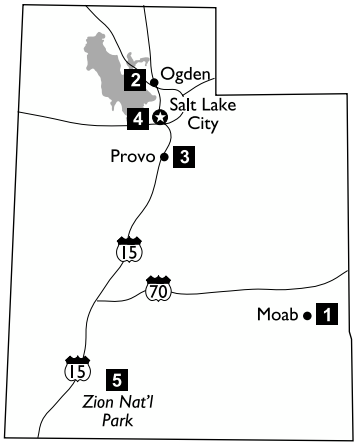
San Antonio's festive Old World atmosphere is a pleasant change from the larger, more uptight cities of Dallas and Houston. The downtown River Walk epitomizes San Antonio's relaxed nature – riverboats and gondolas slowly plying narrow canals. San Antonio is also home to the Alamo, a historic site held sacred by proud Texans. It was here that a small group of Texans held off an enormous Mexican army until the defenders had lost every last man.

North of downtown in a converted home among a strip of Asian restaurants, you'll find the odd **Viet-Nam Restaurant** (3244 Broadway St., ☎ 210-822-7461). Locals come for the unusual clay pot specials and the sweet jasmine tea. Off the Austin Highway in Alamo Heights, **Adelante** (21 Brees St., ☎ 210-342-2768) features an inexpensive, health-oriented Tex-Mex menu with lard-free beans and a veggie combo plate for vegetarians. The eatery is popular for casual lunches. Near the airport in Castle Hills, **Gini's Homecooking & Bakery** (7214 Blanco St., ☎ 210-342-2768) serves low-fat American gothic meals. Homemade breads, pancakes, soups and salads round out the vegetarian options. Also near the airport, locals escape from Tex-Mex with a visit to the **India Oven** (1031 Patricia Dr., ☎ 210-366-1030). The vegetarian combination plate delivers all your Indian favorites.

A short walk from most downtown hotels, **Twin Sisters Bakery & Café** (124 Broadway St., ☎ 210-354-1559) treats local businesspeople and visitors in-the-know to exceptional breakfast and bakery items. Lunch is also popular for soups and sandwiches. A second location (6322 N. New Braunfels Ave., ☎ 210-822-0761) in the Alamo Heights neighborhood is less business-oriented and more lively. Just south of downtown in the King William neighborhood, **Espuma Coffee & Tea Emporium** (928 S. Alamo St., ☎ 210-226-1912) is a convivial place for lunchtime and late-night snacking. Try a grilled pita wrap or a tomato, mozzarella and pesto sandwich. The eatery is open until midnight on weekend nights and features local artwork and live music on Friday evenings.

Collect natural and organic groceries in San Antonio at **Whole Foods Market** (255 E. Basse Rd., ☎ 210-826-4676) in the Alamo Heights neighborhood.

Utah



1. Star Diner; Fat City Smokehouse; Knave Of Hearts Bakery; Honest Ozzie's Café & Desert Oasis; Slick Rock Café
2. Harvest Restaurant & Natural Food Store; Down To Earth Natural Foods
3. Good Earth Natural Foods Market
4. Park Ivy Garden Café; Bangkok Thai; Cedars Of Lebanon; Star Of India; Oasis Café & Restaurant; Café Mediterranean; Wild Oats Community Market
5. Panda Garden; Zion Pizza & Noodle Company; New Garden Café

Visitors fortunate enough to find their way to Utah are greeted with amazing sites to behold. The national parks of Bryce Canyon, Zion, Arches and Canyonlands are blessed with rugged beauty – an astonishing array of red, pink and white rock formations that crisscross the landscape as far as the eye can see. Amongst this chaotic backdrop are Utah's clean, organized towns and cities. Whatever your opinion of the Mormon church, there is no faulting their ability to keep the streets clean.

Although vegetarianism is widely practiced, the popularity of outdoor activities has boosted the importance of a healthy diet. All Utah's major cities and resort towns have plenty of natural food stores and a health-conscious restaurant or two.

Moab

Outdoor enthusiasts are relocating in droves to the slick little town of Moab, which is the gateway to Arches and Canyonlands national parks. Rock climbers and mountain bikers are putting these two gorgeous parks on the map fast.

Star Diner (606 S. Main St., ☎ 435-259-4295) is a longtime favorite on the vegetarian circuit. You'll find no meat and great down-home breakfasts at this unusual locals' joint.

The "Virtual Moab" Web site (www.virtual.moab.ut.us) lists the following eateries as being veggie-friendly: **Fat City Smokehouse** (36 South 100 West, ☎ 435-259-4302); **Knave Of Hearts Bakery** (84 West 200 North, ☎ 435-259-4116); **Honest Ozzie's Café & Desert Oasis** (60 North 100 West, ☎ 435-259-8442); and **Slick Rock Café** (5 N. Main St., ☎ 435-259-8004).

Ogden

North of Salt Lake City, Ogden shares the banks of the Great Salt Lake and many of the characteristics of the state's largest city. Its proximity to some of the state's premier ski resorts makes it a good base camp for further excursions.

Ground zero for vegetarians in Ogden is **Harvest Restaurant & Natural Food Store** (341 27th St., ☎ 801-621-1627). The restaurant serves soups, salads and sandwiches made from scratch on the premises. The attached health food market features a juice bar and carries several hard-to-find meat and dairy substitutes. Near the airport, **Down To Earth Natural Foods** (5418 S. 1900 West, Roy, ☎ 801-728-0234) features organic produce and foods, as well as a juice bar and deli.

Provo

The religious center of the Mormon church lies in Provo – Utah's second-largest city. It's also home to Brigham Young University, the church's largest institution. To honor religious customs, many local restaurants are closed on Sunday.

Good Earth Natural Foods Market (1045 S. University Ave., ☎ 801-375-7444) has a good selection of organic produce, bulk foods and natural skin and body products as well as a take-out natural foods deli.

Salt Lake City

The wealth of this city is readily apparent in its impressive architecture, modern temples and well-designed grid system. The University of Utah keeps the town young, and although the restrictive Mormon church keeps things in check, there are just enough bars and restaurants to keep the tourists in town.

Anyone making the mistake of stereotyping Salt Lake City will be chastened by a visit to **Park Ivy Garden Café** (878 S. 900 East, ☎ 801-582-5888). Urban hipsters come out of the woodwork for a taste of the Garden's purely vegetarian concoctions. Feast on sun buns, pastries topped with onions and Gruyere, or a bitter green salad. Another vegetarian favorite is **Bangkok Thai** (1400 S. Foothill Dr., ☎ 801-582-8424) restaurant. The big event occurs on "Meatless Mondays" when all-vegetarian entrées are served at rock-bottom prices. The crowd gets thick, but it's worth the wait. Ask the waitstaff about vegan options.

A retreat from the bare-bones falafel houses dotting the country, **Cedars Of Lebanon** (154 E. 200 South, ☎ 801-364-4096) offers top-notch Middle Eastern entrées amid a sea of colorful Arabic carpets. For lunch, head to the all-you-can-eat weekday lunch buffet or ask for the all-vegetarian mezze combination. Live music and belly dancing takes place on weekend nights. You can also pick up stuffed grape leaves and the like at the deli next door. Across the street is **Star Of India** (177 E. 200 South, ☎ 801-363-7555), recommended for its vegetable curries.

Two other options for Middle Eastern food include **Oasis Café & Restaurant** (151 S. 500 East, ☎ 801-322-0404) and **Café Mediterranean** (60 W. 500 South, ☎ 801-364-4914).

For natural foods and organic groceries, Salt Lake City has a branch of **Wild Oats Community Market** (812 E. 200 South, ☎ 801-355-7401) downtown.

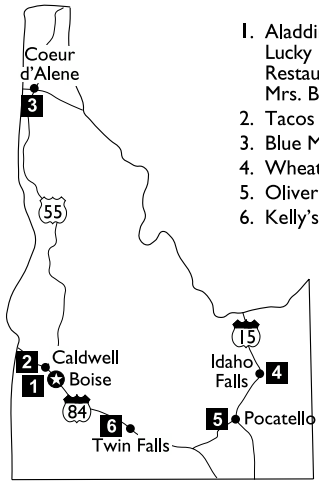
Zion National Park Area

The dizzying red vertical cliffs of Zion's natural canyons are a sight to behold. The six-mile drive through the mile-deep slash of Zion Canyon is the centerpiece, but brave souls take on the 16-mile hiking trip through the Narrows, a sliver of canyons that runs along the Virgin River.

The tourist town of Springdale at the entrance to the park has a couple of restaurants of interest to vegetarians. **Panda Garden** (8805 Zion Park Blvd., ☎ 435-772-3535) serves Chinese food with several tofu dishes while **Zion Pizza & Noodle Company** (868 Zions Lodge, ☎ 435-772-3815) offers vegetarian versions of – yes, you guessed it – pizza and noodles. There is also a quality natural foods restaurant, **New Garden Café**, in nearby Hurricane (130 S. Main St., ☎ 435-635-9825).

The Northwest

Idaho



1. Aladdin; B.B. Strand's; Earth Food Café & Juice Bar; Bar Gernika; Lucky 13; Flying Pie; Govinda's; Yen Ching; Twin Dragon; Vietnamese Restaurant; Dong Khanh; Coffee-News Coffee-News; Boise Co-op; Mrs. Beesley's
2. Tacos Jalisco; Casa Valdez Tortilla Factory
3. Blue Moon Bakery & Café; Mad Mary's
4. Wheat Blossom Bread Company
5. Oliver's Quality Restaurant
6. Kelly's

It takes some work, but nonmeat-eaters visiting the state don't have to live in their own private Idaho. Green Boise has much to offer the health-conscious tourist. You'll actually discover plenty of organic fare in one of the most environmentally conscious cities in the nation. Elsewhere roadside steakhouses are the rule, but with a little effort you can still find places to stop along the main byways of I-84, I-15 and I-90 in several of Idaho's smaller towns, including Caldwell, Twin Falls, Pocatello, Idaho Falls and Coeur d' Alene.

Boise

Boise is definitely the place to start an Idaho journey. The city has a greenbelt that runs along the Boise River through the heart of the city. Mountain biking enthusiasts will love the 14-mile path that ends north of Boise at The Front – a wild area owned by the Bureau of Land Management, containing 20 miles of trails that are perfect for

riding madly through the foothills. Cyclists also will enjoy Boise's lenient bicycling laws. Bicycles only have to yield at stop signs!

Boise is blessed with a good selection of vegetarian food. **Aladdin** (111 Broadway St., Ste. 115, ☎ 208-368-0880) gets my vote as the premier food destination in the state. You might not expect great Egyptian food this far from Cairo, but Aladdin's baba ganouj will leave you feeling as if you're gazing at the Great Pyramids. For an entrée, I suggest the mah shi – stuffed seasonal vegetables in a tomato garlic sauce. Be sure to save room for baklava and a cup of Turkish coffee. Belly dancers perform nights, Thursday through Saturday. Entrées are in the $10 range.

For a romantic evening try **B.B. Strand's** (310 N. 4th St., ☎ 208-342-3777), located in an old 1929 grocery store with plenty of character. The Vegetable Wellington – grilled vegetables and cheese in a rich mushroom sauce wrapped in a pastry – is a fixture on its menu.

By far the most vegetarian-friendly place in town is **Earth Food Café & Juice Bar** (2907 W. State St., ☎ 208-342-7169). It's a great place for vegans – all dishes with dairy are marked with a "moo" symbol so you can pick through and choose the vegan entrées. The tofu scramble – tofu, carrots, onions, cilantro, sesame seeds, and a blend of other spices – is the house favorite. Organic vegetables are used whenever possible.

One of Boise's anomalies is its bustling Basque population. Immigrating from a remote region in Northwestern Spain from 1910 to the mid-1970s, the Basques set up camp in Boise, forming the largest community of Basque peoples outside of Europe. For more information, visit the Boise Basque Museum (611 Grove St., ☎ 208-343-2671). For a taste of Basque cuisine, try the casual **Bar Gernika** (202 S. Capital Blvd., ☎ 208-344-2175). There are only a small number of vegetarian items on the menu, but the place is worth it for the atmosphere and culture.

A couple of pizza joints are also key to your eating experience in Boise. First and foremost with vegetarians is **Lucky 13** (1602 N. 13th St., ☎ 208-344-6967). A popular place with a youngish crowd, Lucky 13 has a number of awesome pizzas on their "wild" menu, including the "Zucchini Meanie." Another Boise pizza institution is the **Flying Pie**, with three locations (1016 Broadway St., ☎ 208-384-0000; 4320 State St., ☎ 208-345-8585; and 6508 Fairview, ☎ 208-376-3454). A number of veggie concoctions grace its menu.

On the ethnic food front, the Indian **Govinda's** (500 W. Main St., ☎ 208-338-9710) is a perfect choice for vegans. The all-vegetarian all-you-can-eat buffet is full of fresh vegetables. Oddly, the place is open only Friday and Saturday from 11am to 10pm. For Chinese, **Yen Ching** (305 N. 9th St., ☎ 208-384-0384) is the choice of fire-eaters. The late-night crowd will enjoy the **Twin Dragon** (2200 Fairview Ave., ☎ 208-344-2141). It's open until 2am every night except Sunday. There are also two Vietnamese restaurants in town that are worth a look: **Vietnamese Restaurant** (5827 W. Franklin St., ☎ 208-345-1301); and **Dong Khanh** (139 Broadway St., ☎ 208-345-0980).

You could probably find something to snack on at any of Boise's many coffee shops, but two small cafés stand out. **Koffee Klatsch** (409 S. 8th St., ☎ 208-345-0452), in one of Boise's main shopping areas – the 8th Street Marketplace – has a number of fresh, organic items for breakfast or lunch. Another great place is **Coffee-News Coffee-News** (801 W. Main St., ☎ 208-344-7661). Check out their huge international newspaper and magazine section.

If you're just in town to pick up some fresh produce, you've got numerous options available to you in Boise. The **Boise Co-op** (888 Fort St., ☎ 208-342-6652) is your

best bet. They have the largest selection of organic foods in the city. **Mrs. Beesley's** (10370 Overland Ave., ☎ 208-376-8484) is another good choice, with lunch items available at their deli.

During the summer months, Boise also has a few farmers' markets worthy of mention. The **8th Street Marketplace** (8th St. between Broad and Front, ☎ 208-344-0641) has street booths from 10am to 3pm on Saturday from early May to late December. The **Boise Farmers' Market** (corner of Franklin and Curtis, ☎ 208-888-9777) is open Saturday from 8:30am to 1pm between early June and late October. A second location (4106 Sand Creek) is open on Thursday evenings, 5-7pm, from early June to late September. The **Downtown Boise Farmers' Market** (corner of 8th and Main, ☎ 208-336-0267) is held on Wednesdays from 10am to 1pm from early June to late September. For more markets in the area, see *Farmers' Markets* at the end of this guide.

Caldwell

About 30 miles west of Boise along I-84 is the town of Caldwell. A large Mexican community inhabits the town and, happily, you'll find a couple of good dining opportunities. **Tacos Jalisco** (219 11th Ave., ☎ 208-465-5788) is about as authentic of a Mexican experience you can get this far north of the border. For tortillas the way they were meant to be eaten, stop at **Casa Valdez Tortilla Factory** (corner of 5th and Chicago, ☎ 208-459-6461). They serve corn, flour and wheat tortillas hot out of the oven.

Coeur d'Alene

Way up north in the Idaho panhandle along I-90 is the town of Coeur d'Alene. With its tranquil lake, nearby skiing areas and multiple bed and breakfasts, the town is rapidly approaching resort status. Check out the all-vegetarian **Blue Moon Bakery & Café** (211 Lakeside St., ☎ 208-664-5001) for Rice Dream smoothies and their signature Rasta Pasta. Another popular spot in town is **Mad Mary's** (1801 Sherman Ave., ☎ 208-667-3267). This Thai eatery has gathered some of the hottest Thai chilies in the Northwest. Consider yourself warned.

Idaho Falls

North on I-15 in Idaho Falls is **Wheat Blossom Bread Company** (445 A St., ☎ 208-528-6146). Stop in for a loaf.

Pocatello

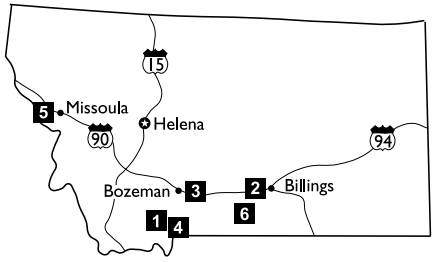
Heading farther east, at the junction of I-86 and I-15 is the town of Pocatello. Head for downtown and stop at **Oliver's Quality Restaurant** (130 S. 5th St.,

☎ 208-234-0672) for a piece of Americana. A typical diner, complete with cigarette smoke and greasy food, Oliver's brags that their spuds are locally grown and certified organic. If you're looking for a place to stay, **Hales' Half Acre Inn** (Rt. 2, Box 26, ☎ 208-237-7130) is a welcoming place to spend an evening. They have a huge garden and you can count on a hearty breakfast.

Twin Falls

East of Boise you'll find **Kelly's** (110 Main St., ☎ 208-733-0466) in Twin Falls. It's one of the few non-smoking establishments in the state and a great place for omelettes with fresh veggies.

Montana



1. By Word Of Mouth
2. Thai Orchid; Great Wall Of China; Jade Palace
3. Community Food Co-op
4. Ranch Kitchen
5. The Black Dog; Old Town Café; Butterfly Herbs; Food For Thought; Second Thought; Mammyth Bakery; Hob Nob Café; Mustard Seed; Freddy's Feed & Read
6. Genesis Natural Foods & Deli

There's no way around it – Montana is a meat-and-potatoes state. The salad bar at a roadside steakhouse is a Montanan's version of gourmet vegetarian cuisine. Don't despair entirely, however. In the eastern portion of the state, the college town of Missoula has a number of casual organic food restaurants. Other towns provide options, too, including Billings, Bozeman, and Gardiner. You'll also find good health food in a couple of Montana's ski resort villages – Red Lodge and Big Sky.

Big Sky

Not far from Gardiner, is the aptly named ski village of Big Sky. Also aptly named is a small, homey place called **By Word Of Mouth** (2815 Aspen Dr. #3 ,☎ 406-995-2992). It's a great place for fresh soups and salads.

Billings

Situated along a lonely stretch of I-90, Billings is the largest city in Montana. About 50 miles south of Billings, sightseers and historians will want to visit the Little Big Horn National Monument, the site of General Custer's defeat at the hands of the Sioux Indians.

Billings has a few Asian restaurants worthy of mention. **Thai Orchid** (2926 2nd Ave., ☎ 406-256-2206) serves quality Thai food with some tofu dishes. Two options for Chinese are the **Great Wall of China** (1309 Grand Ave., ☎ 406-245-8601), an unassuming place with a large menu, and **Jade Palace** (2021 Overland Ave., ☎ 406-656-8888) with an elegant setting and a tasty kung pao.

Bozeman

Close to the US 89 split that leads south to Yellowstone is the unassuming town of Bozeman. A must-stop for the weary traveler here is the **Community Food Co-op** (908 W. Main St., ☎ 406-587-4039). In nice weather, sit outdoors and enjoy a great view of the nearby Bridger Mountains. The deli offers some wonderful casseroles made with seasonal, locally grown ingredients. It's also a good place to stock up on supplies for the long road ahead.

Gardiner

Gardiner lies on highway US 89, and is most notable for its proximity to the north entrance of Yellowstone National Park. About seven miles north of town on the same stretch of highway is the **Ranch Kitchen** (US 89, ☎ 406-848-7891), a rather unique institution. Owned and operated by the Church Universal and Triumphant religious congregation, the all-vegetarian restaurant has a festival-like atmosphere. The restaurant is open for three meals during the summer months and features an evening dinner theater by a group called The Paradise Players.

Missoula

Although Missoula's population is well under the 100,000 mark, it ranks as one of the largest and most interesting locales in Montana. Home of the University of Montana, Missoula is the most liberal town in the state. It's also at the halfway point for folks traveling from Yellowstone National Park to Glacier National Monument – two of the nation's most scenic parks.

Missoula has a large number of restaurants catering to local herbivores. Vegetarians will find a home at **Black Dog** (138 W. Broadway St., ☎ 406-542-1138). You'll find tempeh burgers and several vegan options on their menu.

For breakfast, try one of Missoula's most entrenched establishments. **Old Town Café's** (127 W. Adler St., ☎ 406-542-3188) odd atmosphere epitomizes Missoula's

strange brew of liberals and loggers. Whichever side of the fence you're on, their huge, inexpensive breakfasts are some of the best in town.

Lunch provides many choices for the Missoula vegetarian. **Butterfly Herbs** (232 N. Higgins St., ☎ 406-728-8780) is a great place to pick up a sandwich. **Food For Thought** (504 Daly Rd., ☎ 406-721-6033) and its sister, **Second Thought** (529 S. Higgins St., ☎ 406-549-2790), are both coffeehouse-type restaurants with light, healthy fare. **Mammyth Bakery** (131 W. Main St., ☎ 406-549-5542) functions as a community center, displaying the work of local artists and bringing in performers during the lunch hours. You'll want to carbo-load on their excellent bread.

For larger, more inspired meals, **Hob Nob Café** (208 E. Main St., ☎ 406-542-3188) is one of the Montana's premier upscale restaurants and one of the few that is not a steakhouse. For ethnic food, the **Mustard Seed** (419 W. Front St., ☎ 406-728-7825) is something out of the ordinary with its not-quite-Chinese food. All-vegetable sushi and crisp wok dishes top the list on their special vegetarian menu. Non-smokers will appreciate the smoke-free atmosphere.

Buying groceries is an adventure at **Freddy's Feed & Read** (1221 Helen St., ☎ 406-549-2127). This market/bookstore was the heart of Montana's dissent during the volatile '70s. The walls provide some entertaining remnants of Montana's brief hippiedom in this offbeat grocery with a large selection of bin foods.

Red Lodge

Located in the scenic Beartooth Mountains, Red Lodge is one of the more isolated and beautiful ski resort areas in the country. Before heading up the slopes, catch a sandwich or some trail mix at **Genesis Natural Foods & Deli** (123 S. Broadway St., ☎ 406-446-3202).

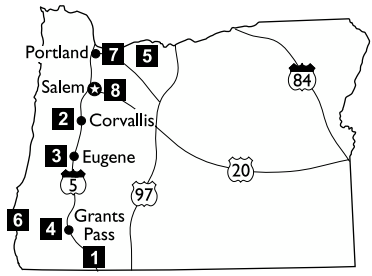
Oregon

There are two types of Oregonians living in the nation's most heavily wooded state: those who see the forest and those who see the trees. Local environmentalists fearing the loss of precious natural resources struggle to save endangered species and old-growth forest. Meanwhile, thousands of loggers whose livelihood depends on clear-cutting, view with anger the efforts of environmental groups to keep them from their jobs.

Whichever side of the fence they're on, sustainability and conservation are on the minds of many an Oregonian. For that reason, a good number of residents choose to eat lower on the food chain. Vegetarian-friendly restaurants and natural food stores are an integral part of the Oregon culinary scene. Local growers are aware of these demands and are increasingly turning to organic farming methods to provide for an

environmentally aware populace. Many of the state's farmers' markets are organic, or have organic days on their calendars.

The Willamette Valley runs north and south between the Coastal range and the Cascades and encompasses a number of Oregon's major cities, including Portland, Eugene and Salem. Heavy rains and rich soils in this region provide bumper crops of organic produce. Its foothills, meanwhile, are fertile grounds for specialty farming. Natural food stores throughout the United States carry many of the products (such as gourmet mushrooms, goat cheese and various herbs) gathered or processed here.



1. Greenleaf Restaurant; Ashland Bakery & Café; Geppetto's; Pilaf; Morning Glory; House Of Thai; Flying Saucer Deli; Ashland Community Food Store
2. Nearly Normal's Gonzo Cuisine; Big River Restaurant & Bar; The Beanery; Bob's Burger Express; First Alternative; Albany Farmers' Market
3. 5TH STREET MARKETPLACE: Wild Rose Market; Café Yumm!; Mekala's Thai Restaurant; Casablanca; Café Navarro
   DOWNTOWN: Keystone Café; The Beanery; Cornucopia Juice Bar; Govinda's Vegetarian Buffet; The Kiva; Saturday Market
   UNIVERSITY AREA: Glenwood Restaurant; The Beanery; Holy Cow Café; Sundance Natural Foods; Oasis Fine Foods Marketplace
4. Sunshine Natural Foods Market & Café; Wild Berries Community Market; Happy Patch Deli
5. Big City Chicks
6. Nature's Café; Sisters Natural Grocery & Café; Andrea's Old Town Café; Mother's Natural Grocery; Coos Head Food Store; Oceana Natural Foods Co-op; Alternatives; Columbia Café; Astoria Community Store
7. NORTHWEST DISTRICT: Swagat's; Thai Orchid; Plainfield Mayur; Food Front
   HAWTHORNE DISTRICT: Paradox Palace Café; Pied Cow; Daily Grind Natural Foods; People's Food Store Co-op; Old Wives' Tales
   OLD TOWN: Dogs Dig Deli
8. Kwan's Cuisine; India Palace Restaurant; Off Center Café; Lifesource Natural Foods

Ashland

After crossing from California into Oregon across the treacherous Siskiyou Pass, your first stop heading north on Interstate 5 will no doubt be the small town of Ashland. Famous for the Oregon Shakespeare Festival and home to the University of Southern Oregon, Ashland is a literary enclave tucked away in a quiet valley.

Ashland's Shakespeare Festival runs from mid-February to the end of August, and is staged in an outdoor Elizabethan theater and two smaller indoor theaters, located at the southeast end of Lithia Park. The park is a tourist attraction in its own right with a bandshell, pond and Japanese garden designed by John McLaren, the same architect who planned Golden Gate Park in San Francisco. The park is also an idyllic setting for the **Ashland Farmers' Market**, which is held on Water Street next to Ashland Creek. Farmers from the nearby Rogue Valley sell foodstuffs as well as arts and crafts. (For more market listings in the area, see *Farmers' Markets* at the end of this guide.)

Other popular activities in the Ashland area include snow skiing (Mt. Ashland is only 15 miles away from the town center), horseback riding and mountain biking.

Ashland's Main Street is blessed with a number of high-quality upscale restaurants. For breakfast head to **Greenleaf Restaurant** (49 N. Main St., ☎ 541-482-

2808) where vegetable-filled frittatas and omelets are morning favorites. Lunch and dinner feature healthy entrées with a Mediterranean flair. For something low key, try **Ashland Bakery & Café** (38 E. Main St., ☎ 541-482-2117), which features a tempting selection of tarts and croissants. Diners rave about the Italian restaurant, **Geppetto's** (345 E. Main St., ☎ 541-482-1138), which serves a number of vegetarian pastas.

Pilaf (10 Calle Guanajuato, ☎ 541-488-7898), Ashland's only 100% vegetarian full-service restaurant, is conveniently located in a small alley behind the plaza in Lithia Park. Pilaf's colorful setting – made bright with an infusion of primary colors – is excellent for eating either indoors or out on the garden patio. Despite the inviting interior, many people order take-out because of Pilaf's close proximity to the park. Vegans will appreciate items such as the panini veganini – two pitas filled with hummus, red pepper-and-eggplant pâté, garbanzo beans, spinach and pepperoncini. Mezze platters are also available to go.

On the Side

The Trinity Episcopal Church (44 2nd St., ☎ 541-482-2656) in Ashland serves a vegan community meal on Saturdays at 1pm. All are welcome; donations for the meal are appreciated.

Just off Main Street, **Morning Glory** (1149 Siskiyou Blvd., ☎ 541-488-8636) was voted best place in Ashland to have breakfast. With specialties like the vegetarian hash – roasted sweet potatoes, charred peppers, corn and shallots with a lemon-thyme cream sauce – it's no wonder why. Another Siskiyou Boulevard eatery is the highly regarded **House Of Thai** (1667 Siskiyou Blvd., ☎ 541-488-2583) known for its spicy and exotic Thai flavors. For a quick mid-day bite, **Flying Saucer Deli** (1644 Ashland St. #5, ☎ 541-482-0357), located next to the Ashland Cinema, serves vegetarian soups, salads and sandwiches.

For local alternative groceries, look no further than **Ashland Community Food Store** (237 N. 1st St., ☎ 541-482-2237).

Corvallis

A happy college town chock-full of coffeehouses, used bookstores and pizza joints, Corvallis seems a virtual Pleasantville. Oregon State University's 15,000 students are a mellower bunch than their compatriots at the nearby University of Oregon. The liberal arts are generally eschewed for engineering and agricultural degrees. In addition, a Hewlett Packard extension brings to the town an army of quiet, white-collar workers.

Although you won't find the rabid activism of Eugene here, Corvallis' residents still maintain that Oregonian sense of conservation. Hewlett Packard's employees have made cycling a popular way of commuting, taking advantage of Corvallis' wide bike lanes. Meanwhile, the university protects 11,500 acres of woodland and main-

tains a park-like campus with plenty of acreage. Although there aren't as many strictly vegetarian restaurants in Corvallis as in Eugene, the words "vegetarians welcome" grace a good many menus.

Accolades for best vegetarian food in town go to **Nearly Normal's Gonzo Cuisine** (109 NW 15th St., ☎ 503-753-0791). Cheap prices, huge portions, an entertaining waitstaff and live music three days a week draws a college crowd. Take a moment to appreciate Nearly Normal's not-so-normal décor. Mismatched tables and chairs and an assortment of knick-knacks are reminiscent of grandmother's garage sales.

Another favorite in town is **Big River Restaurant & Bar** (101 NW Jackson St., ☎ 503-757-0694). A large upscale restaurant with a separate vegetarian menu, Big River is popular with the techie crowd. Dishes like the organic mesclun greens with roasted summer vegetables – baby beets, yellow tomatoes, artichokes and patty-pan squash in a blackberry-orange vinaigrette – are inviting reasons to visit.

A couple of Willamette Valley chains show up in Corvallis. **The Beanery** coffeehouse with its selection of soups, salads and sandwiches has three locations (948 NW Circle Blvd., ☎ 503-754-5916; 2541 NW Monroe Ave., ☎ 503-757-0828; and 500 SW 2nd St., ☎ 503-753-7442). There is also a branch of the garden-burger champion, **Bob's Burger Express** (360 NW 5th St., ☎ 503-754-1583).

The **First Alternative** (1007 SE 3rd St., ☎ 503-753-3115) is Corvallis' spot for organic produce, specialty breads, and bulk foods. It's also a good place to check the message boards to get more information on community events.

With its prime location in the fertile Willamette Valley and the influence of an agricultural university, it should come as no surprise that Corvallis has an excellent farmers' market. Held in nearby Albany, the **Albany Farmers' Market** is the perfect place to pick up a bushel of marionberries – grown exclusively in Oregon – as well as elephant garlic, a hybrid of garlic developed in the Oregon State University laboratories. (For more market listings in the area, see *Farmers' Markets* at the end of this guide.)

Another nearby event is the **Strawberry Festival** (104 Park St., ☎ 541-258-7164) held in Lebanon. This annual festival is famous for its record-sized strawberry shortcake. Strawberries picked in the region are highly coveted outside the state.

Eugene

The clash between environmentalists and blue-collar loggers is no more apparent than in the city of Eugene. Eugene has the most human-service organizations per capita of any city in the United States, the majority of which focus on forestry issues. Meanwhile, just across the Willamette River is the town of Springfield, a hub for the timber industry. Add to this the intellectualism provided by the University of Oregon and you have a dynamic metropolitan area struggling profoundly with the allocation of its natural resources.

Setting aside the politics, Eugene is a dynamic place to live. Pleasant views of the Cascades and Coast ranges along the Willamette River make outdoor gatherings an integral part of the Eugene lifestyle. Foodies will be especially amazed at the Eugene

cuisine. Locally made gourmet products and natural food-stuffs are especially plentiful. It's much harder to find a meat market in this town than a natural foods store!

5th Street Marketplace

Shoppers and restaurant-goers in Eugene should make their first stop at the Fifth Street Public Market (296 E. 5th Ave., ☎ 541-484-0383). Once a feed mill, the warehouse was converted into an atrium surrounding an open courtyard. When the weather is good, the courtyard is filled with mimes, balloon vendors and sunbathers. The atrium contains a variety of shops, including craft stores, boutiques and restaurants.

Among the shops you'll find **Wild Rose Market** (☎ 541-484-7302), a gourmet natural food store specializing in exotic international foods. Inside the market is **Café Yumm!**, a mostly vegetarian deli. Located upstairs in the Marketplace, **Mekala's Thai Restaurant** (☎ 541-342-4872) presents diners with a birds-eye view of the courtyard scene. The interior is elegant and well-decorated, and the prices reasonable. For something less formal, **Casablanca** (☎ 541-342-3885) serves inexpensive Middle Eastern lunches, such as falafel and hummus sandwiches. Casablanca is a favorite for picnickers.

Café Navarro (454 Willamette St., ☎ 541-344-0943) near the Amtrak station just down from the market serves hard-to-find Latin American and Caribbean cuisine in a colorful and inviting atmosphere. The café's cross-cultural menu features the flavors of coconut milk, citrus juices and cilantro. Weekend brunches highlight specialties such as challah French toast served with mango syrup and whole wheat pancakes topped with puréed banana.

Downtown

Mornings in Eugene start at **Keystone Café** (395 W. 5th St., ☎ 541-342-2075). Huge portions of home-style breakfasts with eggs, potatoes and whole-grain pancakes are Keystone's claim to fame. An organic bakery on the premises dispenses healthy muffins and scones, along with some not-so-healthy sugary treats. The café is a strong supporter of local community activism; check their bulletin board for goings-on.

Students bring their books to **The Beanery** (152 W. 5th St., ☎ 541-342-3378), a Willamette Valley coffee shop chain with a consistent menu of light vegetarian items. Come to the **Cornucopia Juice Bar** (401 W. 3rd St., ☎ 541-683-7316) for organic juice blends as well as an eclectic selection of vegetarian soups and sandwiches. Diners serve themselves at **Govinda's Vegetarian Buffet** (270 W. 8th, ☎ 541-686-3531). The religiously affiliated restaurant serves mostly vegan fare, cafeteria-style.

One of Eugene's many natural foods superstores is **The Kiva** (125 W. 11th St., ☎ 541-342-8666). All the usual suspects are here, including natural foods, organic produce and bulk items.

Eugene's movement towards social awareness is most evident at the **Saturday Market** (PO Box 427, ☎ 541-686-8885). Activists set up booths, distribute pamphlets and peddle their causes to passers-by. The community spirit is furthered by musical performances, theater troupes and craft booths. Farmers sell their produce across the street from the central market on 8th Avenue and Oak Street. The event is

held on Tuesday from 10am to 4pm and Saturday from 9am to 5pm, April to November. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Near The University of Oregon

Graduate students pulling all-nighters pour over arcane passages at the **Glenwood Restaurant** (1346 Alder St., ☎ 541-343-8303). Denny's with a health-food twist, The Glenwood serves California-style entrées – like the tofu scramble – to starving students 24-hours a day. The Willamette Street branch (2588 Willamette St., ☎ 541-687-8201), also in the neighborhood, serves three meals a day. You'll find a clone of **The Beanery** (2465 Hilyard St., ☎ 541-344-0221) near the university. On the campus itself, the cow is considered sacred at **Holy Cow Café** (EMU Bldg., U of O-Eugene, ☎ 541-345-8685). No meat items here.

Sundance Natural Foods (748 E. 24th, ☎ 541-343-9142) is a student favorite. Their all-you-can-eat salad bar includes a hot buffet and is a bargain at $3.95. An unbelievable selection of organic wines is one of the best in the state. **Oasis Fine Foods Marketplace** (2489 Willamette St., ☎ 541-345-1014) is also nearby with natural foods, organically grown produce, bulk items and a vegetarian deli. A second location is larger but less centrally located (2580 Willakenzie Rd., ☎ 541-334-6382).

Grants Pass

Adventure seekers head to Grants Pass for a trip down the Rogue River. Numerous outfitters specialize in rafting, floating, fishing and jetboating trips. The park gives out a limited amount of "floating" permits, so if you can get one, you'll be guaranteed a pristine wilderness adventure. Contact the Rand Visitor Center (14335 Galice Rd., ☎ 541-479-3735) for more details.

Near Grants Pass, you'll find a number of places to pick up fresh produce. **Sunshine Natural Foods Market & Café** (128 SW H, ☎ 541-474-5044) has a good selection of organic vegetables as well as a reasonably priced soup and salad bar. West of Grants Pass in the nearby town of Rogue River is **Wild Berries Community Market** (106 E. Main St., Rogue River, ☎ 541-582-3075). Attached to the market is the **Happy Patch Deli,** which is open Monday through Friday and offers a good selection of soups, sandwiches and hot vegetarian entrées. A **farmers' market** (603 Rogue River Hwy., ☎ 541-474-0252) is held on Saturdays and showcases farm fresh and organic produce, bulk foods, juices, breads and local honeys. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Hood River

The Columbia River Gorge's east/west orientation makes it a natural wind tunnel for aspiring windsurfers. The small community of Hood River draws hordes of extreme sports fanatics year after year. Its abundance of sports outfitters and natural beauty make it an ideal launching pad.

Hood River has an amazing number of restaurants for a town with a population under 5,000. A favorite is **Big City Chicks** (1302 13th St., ☎ 503-387-3811). Featuring spicy fare from around the world, the eatery feels more like a youth hostel than a restaurant. Unusually decorated rooms in an old home and a large lawn make Big City Chicks a creative place to plan a backpacking trek through the Himalayas or a surfing excursion to Madagascar.

Before windsurfing became a big hit, Hood River was famous among epicureans for its orchards and vineyards. The area's fruits are coveted by gourmet chefs worldwide. In the autumn, take a drive down the Mt. Hood Loop tour and stop at any of the fruit stands along the way. Another way to enjoy the local bounty is to visit the **Hood River Harvest Festival** held in mid-October. Pick up locally grown winter pears, Bartletts, Newton apples, cherries and peaches amid a backdrop of colorful fall foliage. Admission to the festival is free.

Multnomah Falls

East of Portland, the granite walls of the Columbia River Gorge offer spectacular views of the surrounding landscape. None of these vistas are better than those on the five-mile loop hike from Wakeena Falls to the base of the 620-foot Multnomah Falls.

The Multnomah Falls Lodge is the perfect place to fuel up for the hike. The lodge was built in 1925 and contains a solarium built from native wood and a high-ceilinged stone dining room. Although the fare is typically American with many meat items, the restaurant does serve a veggie burger.

Oregon's Coast

The nearly 400 miles of coastline from Brookings to Astoria might be the loneliest coastline in America. Although the weather is mild and the long sand beaches breathtaking, the nearly constant rainfall keeps the masses away. Those who do make it out this way enjoy the peace and solitude.

In Gold Beach, stop at **Nature's Café** (825 S. Ellensburg St., ☎ 541-247-0297) for soups, sandwiches, salads and a cup of coffee for the road.

On your way up the coast, pack a cooler at **Sisters Natural Grocery & Café** in Port Orford (823 Oregon Point, ☎ 541-332-3640).

Bandon's quaint old town benefits from an isolated seaside location. Lucky visitors should swing by **Andrea's Old Town Café** (160 Baltimore St., ☎ 541-347-3022). Vegetarian breakfasts include oatmeal, granolas and tofu rancheros. The lunch and dinner menus also offer several non-meat entrées, including black-bean burgers and a tofu stir-fry. For groceries in town visit **Mother's Natural Grocery** (975 Highway 101, ☎ 541-347-4086).

Visitors to the nearby Oregon Dunes Recreation Area in Coos Bay can collect supplies at the **Coos Head Food Store** (1960 Sherman Ave., ☎ 541-756-7264). The grocery offers a good selection of natural foods, bulk items and organic produce.

Farther north in Newport, the Oregon Coast Aquarium is home to Willy, the killer whale made famous in the Disney film *Free Willy*. The local cooperative, **Oceana**

Natural Foods Co-op (159 SE 2nd St., ☎ 541-265-8285) has a deli for sandwiches, soups, salads and juices.

With the northernmost boardwalk on the Pacific, Seaside's "Prom" is a diminutive version of Coney Island in New Jersey. **Alternatives** (846 Avenue C, ☎ 503-738-5286) is the local organic food store.

The oldest permanent settlement west of the Mississippi, Astoria is the closest you'll come to colonial history on the West Coast. A museum, historical exhibits and a slew of Victorian homes remind visitors of the trading post set up by Lewis and Clark in the early 1800s. Although plenty of visitors come to Astoria, the main industries in town are still fishing and logging. Don't expect to see the 18th-century costumes of Virginia's Williamsburg. The chef/owner of **Columbia Café** (1114 Marine Dr., ☎ 503-325-2233) is an entrepreneurial sort. He's made the café famous by shipping out unusual jellies – red-pepper, garlic, and jalapeño to name a few – and salsas. Crêpes are the specialty here, day or night.

Astoria Farmers' Market is held on Saturdays at 20th Street and Marine Drive next to the Maritime Museum. Shop for organic groceries at the **Astoria Community Store** (1389 Duane St., ☎ 503-325-0027).

Portland

Portland could easily be called the "City of Bridges" – fourteen major bridges span the Willamette and Columbia rivers. Its high-tech businesses, activist community and emerald forests on the outskirts of downtown have brought it nicely into the 21st century. And with its healthy amount of open-space, a good public transit system and a compact downtown, Portland has protected itself from urban sprawl.

Portland's huge growth in recent years hasn't dampened the city's appreciation for the outdoors. By retaining the land around Forest Park, Portland's forebearers provided residents with the largest urban wilderness in the country. The city also provides easy access to the scenic Columbia River gorge, as well as a year-round ski resort on nearby Mt. Hood.

Vegetarians living in Portland won't find quite as many dining options as their neighbors to the south. However, hints of "Eugene cuisine" can still be found in many area restaurants. Natural food stores, on the other hand, are plentiful, and at their current rate of growth may soon outnumber ordinary groceries.

Portland's downtown farmers' market is held at the Pioneer Courthouse Square on Wednesday, 11am-3pm, from July through the end of October. (☎ 503-231-2880). A smaller though more popular market is the **Hollywood Farmers' Market**. The market is held on Saturday, 8am-1pm, in the Washington Mutual parking lot at NE 44th Avenue and Tillamook, just north of Sandy Boulevard. You'll find gourmet and specialty items, including Oregon wild mushrooms and goat cheese, at huge discounts. Another local market is the **Beaverton Farmers' Market**, which takes place at the corner of SW 15th Street and Hall Boulevard behind the fire station. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

Northwest District

The area around Washington Park and the entrance to Forest Park incorporates blocks of remodeled Victorian homes converted into boutiques, coffee shops, restaurants and theaters. The district is hopping with places to dine – NW 21st and 23rd streets are home to over 50 eateries. Good public transportation means that there are lots of walkers enjoying the Northwest District's artsy shops and café society.

Local vegetarians point to **Swagat's** (2074 NW Lovejoy St., ☎ 503-227-4300) as their favorite inexpensive Indian restaurant in the city. Good service and a pleasant atmosphere make the eatery popular for date nights. If you live in Beaverton, visit Swagat's original location (4325 SW 109th Ave., ☎ 503-626-3000). Situated in a '50s-style ranch house, the setting is unusual, but makes you wish you had Indian spices in your living room. Another top pick is **Thai Orchid** (2231 W. Burnside St., ☎ 503-226-4542). Their peanut sauces are highly regarded. A second location is just off I-5 in West Portland (10075 SW Barbur Blvd., ☎ 503-452-2544).

Located in a historic mansion with an assortment of elegantly decorated Victorian rooms, **Plainfield Mayur** (852 SW 21st St., ☎ 503-223-2995) is one of the most highly regarded Indian restaurants in the country. A separate vegetarian menu with entrées such as the Malai Kofta – natural Indian cheeses stuffed with raisins and pistachios then baked in a sauce of almonds, spices and coriander – impressed the *Vegetarian Journal* enough for them to name Plainfield Mayur one of the top restaurants in the US. Check out their menu, get directions, and make reservations online at www.plainfields.com.

Food Front (2375 NW Thurman St., ☎ 503-222-5658) is the Northwest district's food cooperative. You'll find an assortment of organic produce, bulk foods, fresh breads as well as an all-natural deli.

Hawthorne District

A grungy, post-apocalypse feel penetrates the air on Belmont Street in the Hawthorne District, where secondhand clothing stores and second-run theaters reign supreme. The young and the poor hang out in coffee shops such as **Paradox Palace Café** (3439 SE Belmont, ☎ 503-232-7508), where you'll find heaping vegetarian sandwiches at rock-bottom prices. Another popular café is **Pied Cow** (3244 SE Belmont, ☎ 503-230-4866), whose blood-colored walls and Oaxacan paintings make the old Victorian feel haunted. Don't be spooked out of a slice of marionberry pie à la mode.

Daily Grind Natural Foods (4026 SE Hawthorne, ☎ 503-233-5521) is the neighborhood organic grocery store. The Urban Onion deli inside specializes in vegan casseroles and the like. An all-organic, farmer-direct market is held at **People's Food Store Co-op** (3029 SE 21st Ave., ☎ 503-232-9051) just south of Hawthorne Street. Check out this evening market on Wednesdays, 2-7pm. (For more market listings in the area, see *Farmers' Markets* at the end of this guide.)

OLD WIVES' TALES, 1300 E. Burnside St., Portland, ☎ 503-238-0470. Price: $-$$. Vegetarian, vegan options. Hours: Sunday through Thursday, 8am-9pm; Friday and Saturday, 8am-10pm.

Old Wives' Tales is indeed a place to spin some tales. The mellow waitstaff invites you to hang up your coat and sit where you please in an airy, sunlit dining room. Maplewood tabletops and hardwood floors give you a sense of the country amid the bustle of Portland's Hawthorne District. Relax in a booth for a long Sunday brunch over a cup of earthy twig tea.

For the sweet tooth, try the almond cream cheese crêpes topped with a hot marionberry honey compote, or the poppyseed pancakes served with real Vermont maple syrup. A more savory yet equally rich breakfast is the Hungarian mushroom omelette – a three-egg omelette stuffed with mushrooms, onions, dill and paprika and smothered in a rich sour cream sauce. While the breakfast menu is a mainstay, dinner entrées change weekly. Specials are a mix of Indian, Asian and South American influences.

Old Wives' Tales is also a great place to bring the children. A colorful playroom, a separate dining room for families, and a well-priced children's menu make this a great family restaurant. A good-sized salad bar is a favorite with vegans.

Old Town Area

Old brick buildings dating back to the late 1800s crowd the street of Old Town Portland. The area melds into the Skidmore Historic District to the east, which is a touched-up version of old town complete with antique road signs and iron lampposts. The ever-popular **Dogs Dig Deli** (212 NW Davis, ☎ 503-223-3362) serves tofu, avocado and hummus sandwiches to tourists and businessmen alike.

Along the west side of the Willamette lies Waterfront Park, a mile-long strip of jogging paths and greenery. Portland's **Saturday Market** is held here at the Skidmore Fountain located just beyond downtown (108 Burnside St., ☎ 503-222-6072).

Portland Area Natural Foods Markets

Nature's Fresh Northwest
3016 SE Division St., Portland
☎ 503-233-7374

Nature's Fresh Northwest
6344 SW Capitol Hwy, Portland
☎ 503-244-3110

Nature's Fresh Northwest
3449 NE 24th St., Portland
☎ 503-288-3414

Nature's Fresh Northwest
17711 Jean Way, Lake Oswego
☎ 503-635-8915

Nature's Fresh Northwest
4000 SW 117th Ave., Beaverton
☎ 503-646-3824

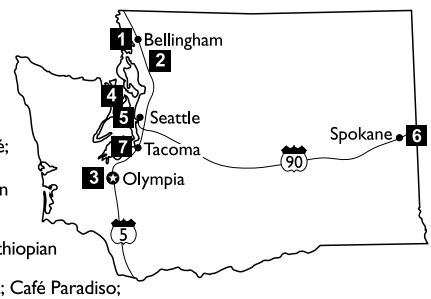
Salem

Oregon's capital is less lively than the college towns to the south or the metropolitan Portland to the north. However, the ethnic populations of recent Russian immigrants and Mexican farm-laborers have brought a recent revival to Salem.

Too bad that most of the good Mexican and Russian restaurants in town aren't that veggie-friendly. But you'll find solace at **Kwan's Cuisine** (835 Commercial St. SE, ☎ 503-362-7711), a Chinese establishment that has a full vegetarian menu, uses only vegetable oils, and serves a number of mock meat dishes. **India Palace Restaurant** (377 Court St. NE, ☎ 503-371-4808) makes good use of their tandoori oven to provide garlic nan and vegetable curries to hungry diners. Imported from Eugene is the **Off Center Café** (1741 Center St. NE, ☎ 503-363-9245), a funky coffee shop with a wicked selection of Oregon fruit pies.

Picnickers and backpackers stop at **Lifesource Natural Foods** (2649 Commercial SE, ☎ 503-361-7973) on their way out of town. Stock up on produce, bulk foods and organic wines, or pack a lunch at the deli.

Washington



1. Pepper Sisters; Legendary Colophon Café & Deli; Community Food Co-op
2. Skagit Valley Co-op; Deli Next Door
3. Urban Onion; Christine's Fresh Seafood & Vegetarian Cuisine; Saigon Rendez-Vous; Red Apple Natural Foods; Olympia Food Co-op
4. Country Aire Grocery; Coffee House; Coho Café; Silverwater Café; Khu Larb Thai
5. DOWNTOWN: Café Zum Zum; Bamboo Garden Vegetarian Cuisine
   SOUTHEAST SEATTLE: No Way Café; Mesob Ethiopian Restaurant; Kokeb; Fasica; Arrat Killo Ethiopian Cuisine
   CAPITOL HILL: Green Cat Café; ARO Cafeteria; Café Paradiso; Coffee Messiah; Gravity Bar
   MADISON VALLEY: Café Flora; Five Loaves Deli & Bakery; Cactus Restaurant
   U-DISTRICT & RAVENNA: Araya's Vegetarian Place; Silence-Heart-Nest; Flowers Bar & Restaurant; Ruby; Neelam's Authentic Indian Cuisine; Good Morning Healing Earth Restaurant; Sunlight Café; Carmelita
   PIKE PLACE MARKET: Sisters; Sound View Café; Rasa Malaysia
6. Eat Right Vegetarian Restaurant; Mizuna; Spokane Marketplace
7. Quickie Too: A Vegan Café; Cedars III; Lakewood Natural Foods; Emily's Café; Sound Food Restaurant & Bakery

No one can deny the beauty of Washington. The jagged coastline, redwood forests, fertile valleys, ice-capped mountains, and even a desert make for an all-encompassing landscape. It's no wonder that the state is one of the fastest growing in the nation.

Well-educated and environmentally conscious, Washingtonians have given a lot of thought to their diets. The Seattle area claims to have more vegetarian dining options per capita than any other American city. Seattle's smaller towns are not far behind. Farmers' markets are plentiful all over the state. They tend to be lively and popular gatherings with a good selection of locally grown fruits and vegetables.

Bellingham

Up I-5 from Seattle is the small college town of Bellingham. There are many alternative restaurant options in this progressive community. **Pepper Sisters** (1055 N. State St., ☎ 360-671-3414) is hands-down the town favorite. Southwestern cuisine served this far north of Albuquerque is a rarity. Pepper Sisters has all the usual suspects: green and red chile enchiladas, sopaipillas, and even a vegetarian posole. The **Legendary Colophon Café & Deli** (1208 11th St., ☎ 360-647-0092) is a funky little find. Sharing space with a bookstore (literally, dining tables are interspersed among the bookshelves) you'll find stimulating conversation, silky soups and some odd characters. Two vegan soup specials are run daily.

Bellingham's largest natural foods store is **Community Food Co-op** (1220 N. Forest St., ☎ 360-734-0542). In the back of the store lies The Swan Café – a small eatery with excellent salads. The café provides an ingredient list for all items on their menu, excellent for getting ideas for cooking your next meal.

Mt. Vernon

Mt. Vernon lies in the middle of the fertile Skagit Valley. Half the world's spinach and cabbage seeds are grown in the rich soils of the region. Ornamental flowers such as lilies, tulips and daffodils are also grown here; colorful rows of them make for great viewing on the area's backroads.

Pick up locally grown organic broccoli, cauliflower and spinach at the **Skagit Valley Co-op** (202 S. 1st St., ☎ 360-336-3886). Visit on a Friday night when the co-op holds an all-you-can-eat spaghetti or burrito feast. Right next door is the aptly named **Deli Next Door**, which makes a excellent hummus delight sandwich.

North Cascades National Park

If you're driving northeast of Seattle to visit the North Cascades National Park, be sure to stop at the **Cascadian Home Farm** (5376 State Route 20, ☎ 360-853-8629). Jim and Harlyo Meyer manage the organic farm that was the original acreage for the Cascadian Farms organic food company. Take a self-guided tour of the grounds or just stop and try a slice of heavenly strawberry shortcake.

Olympia

The capital of Washington is home to a number of healthy restaurants. Tops among these is the well-regarded **Urban Onion** (116 Legion Way, ☎ 360-943-9242; www.city-olympia.com/urbanonion/). With its cathedral ceiling and high-backed booths, the Urban Onion serves up classy multi-ethnic fare in huge portions. It's a little pricey, but worth every penny.

Replacing the mostly vegetarian Pleasant Pheasant is **Christine's Fresh Seafood & Vegetarian Cuisine** (113 W. 4th Ave., ☎ 360-754-6425). Both vegan and vegetarian items are still on the menu, including such specialties as the chef salad – bitter greens, walnuts, tomatoes and sprouts with either a raspberry walnut vinaigrette or a cardamom dressing. **Saigon Rendez-Vous** (117 W. 5th Ave., ☎ 360-352-1989) serves Vietnamese food with a separate all-vegan Buddhist menu. For natural foods to take home, go to the smallish **Red Apple Natural Foods** (400 Cooper Point Rd., ☎ 360-357-8779), or try the **Olympia Food Co-op** (921 Rogers St. NW, ☎ 360-754-7666) outside the city near Evergreen State College.

Perhaps the best feature of the vegetarian scene in Olympia is the huge farmers' market. Located near Olympia's waterfront, you'll find three restaurant stalls that sell great vegetarian breakfasts and lunches. In addition, several vendors sell organic fruits, vegetables and herbs. Be sure to visit the Stoney Plains Organic Farm stall. A tiny operation, the family makes living selling their gourmet produce to folks here at Olympia and at the University Market in Seattle. You can also visit the farm about 10 miles south of Olympia. Call them at ☎ 360-273-6786 for reservations and directions. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

On the Side

For details about other vendors and special events at the market, check out the official Olympia Farmer's Market Web site at www.farmers-market.org.

Port Angeles

Port Angeles is the gateway to Olympic National Park, one of the most bio-diverse parks in the nation. A couple of establishments cater to vegetarians heading into the area. Try **Country Aire Grocery** (117 E. 1st St., ☎ 360-452-7175), a well-stocked health food store with bins full of trail mix. Across the street is the **Coffee House** (18 E. 1st St., ☎ 360-452-1459) – its colorful, well-lit full-service eatery has an extensive vegetarian menu. A wide range of international specialties such as spanakopita, quesadillas and stir-fries dominate the menu.

Port Townsend

Near the mouth of the Puget Sound, historic Port Townsend is a romantic getaway with its many bed and breakfasts. Most of these lodgings are vegetarian-friendly – call ahead and tell the staff about any dietary restrictions.

The **Coho Café** (1044 Lawrence St., ☎ 360-379-1030) is a popular breakfast destination for vegetarians and meat-eaters alike. The eggs used here come from free-range chickens and are hormone-free. For vegans, tofu may be substituted for most of the egg dishes. Entrees such as the Gorgonzola rotini make **Silverwater Café** (237 Taylor St., ☎ 360-385-6448) a local favorite for a romantic yet reasonable evening. A good number of vegetarian entrées can be found on its contemporary New American menu. Comfortably located in an old Victorian among a wealth of Thai bric-a-brac, **Khu Larb Thai** (25 Adams St., ☎ 360-385-5023) satisfies the local taste for Asian cuisine.

Port Townsend hosts a farmers' market during the growing season from May to October. On Saturday, 8:30am-1pm, the market is held behind the city hall on Washington and Madison streets. On Wednesday, 4-6:30pm, it's uptown on Lawrence and Polk Streets. The market features locally grown produce, flowers and herbs. There is also a culinary festival in November. Contact the Port Townsend Chamber of Commerce at ☎ 360-385-7869 for details.

Seattle

Seattlites may point to the fact that the city gets less rain than New York City, but don't let them fool you. Seattle's grey drizzle is constant from October to May. Of course, the rain doesn't upset the locals – they would rather spend the day in a café over a good book anyway.

Well-read locals embrace vegetarianism. There are hundreds of restaurants in town with vegetarian options. Almost any restaurant you walk into will be able to accommodate a plant-based diet.

Downtown

Café Zum Zum (946 3rd Ave., ☎ 206-622-7391) serves Pakistani and East Indian food to the downtown lunch crowd.

BAMBOO GARDEN VEGETARIAN CUISINE, 364 Roy St., Seattle, ☎ 206-282-6616. Price: $-$$. Chinese, 100% meatless, vegan options. Hours: Open daily, 11am-10pm.

Located along a row of ethnic restaurants across from the Seattle Center parking structure, the Bamboo Garden Vegetarian Cuisine restaurant is something of a local tradition. Voted best local vegetarian restaurant, this Chinese establishment is best known for its crispy, lightly cooked vegetables, its tricky fake-meat entrées, and its noodle specialties.

Lunch is an underrated bargain. A full plate of bok choy, pea pods, bean sprouts, water chestnuts and other vegetables served over vegetable fried rice costs only $3.55. For dinner, try the Buddha's basket with precious nuts – seasonal mushrooms and diced vegetables sautéed with peanuts, walnuts and pecans. The pan-fried rice noodles are also recommended. For dessert, the hot peanut pudding is flavorful and unique. Order the large and share among friends.

In general, serving sizes are large, and the restaurant doesn't have an additional plate policy, so feel free to split dishes with friends.

Seattle's "Super" Market

One of Seattle's top tourist destinations, Pike Place Market is a bustle of activity. The sounds of artisans spinning pottery on makeshift wheels, street vendors hustling folks into their T-shirt shops, and Bolivian flute musicians fill the air on sunny days. Self-exploration of the market is essential, but be sure to visit Rachel, the giant bronze "piggy bank." Donations go to various local charities.

In the midst of this are hundreds of produce stands that bring in fruits and vegetables from all over the state. You can find just about anything here, from cheap, locally grown tomatoes to expensive, imported edible flowers. Though the market runs daily, the best day to come is Wednesday when it's "organic day" – all produce is guaranteed to be pesticide-free.

If you want something cooked for you, there are a number of dining options available in the vicinity. **Sisters**, located on the crowded Post Alley, serves healthy soups and salads. **Sound View Café** provides an incredible view of the Olympic Mountains as well as excellent fare. For a quick bite, stop at the stall of **Rasa Malaysia**, which serves inexpensive Southeast Asian food.

The market itself has a fascinating history. In 1907, Seattle's city government set aside an area along the waterfront where farmers and fishermen could sell their products directly to consumers, avoiding the middlemen. The idea caught on quickly and the market demonstrated remarkable success for 30 years. A good many of the market's sellers were Japanese-Americans and during the internments of World War II the market struggled. By the 1960s only a handful of old-timers remained. In 1974, however, voters decided to make the market a historical district rather than sell it to developers. A large reason for the market's success was the city's decision to keep the market small-scale. Large corporate entities are denied access. (Interestingly, the original Starbucks is located in the market. Although the café chain can certainly be classified as corporate, the city has allowed them to retain the space.)

Pike Place Market is located at the end of Pike Street in downtown Seattle. It's open every day, 8:30am-5pm.

Southeastern Seattle

Southeast of downtown is **No Way Café** (1319 E. Jefferson St., ☎ 206-325-3597), an informal coffeehouse with healthy, all-vegetarian breakfasts and lunches. Also in this area you'll find about a dozen Ethiopian restaurants. All serve a vegetarian combination platter with a number of Ethiopian-style stews. Some of the more popular finds are **Mesob Ethiopian Restaurant** (703 23rd Ave., ☎ 206-860-0403), **Kokeb** (926 12th Ave., ☎ 206-322-0485), **Fasica** (3808 S. Edmonds St., ☎ 206-723-1971), and **Arrat Killo Ethiopian Cuisine** (302 14th Ave. S, ☎ 206-328-7320).

Capitol Hill

The thriving Capitol Hill neighborhood with its restored mansions and trendy shopping district has a budding gourmet vegetarian scene. You'll find several meatless restaurants along Olive Way or Pike Street.

The **Green Cat Café** (1514 E. Olive Way, ☎ 206-726-8756) is a popular, funky place that caters to a younger crowd. Prices are good and portions are ample in this strictly vegetarian café. The 100% vegetarian **ARO Cafeteria** (925 E. Pike St., ☎ 206-320-0424) is patronized by a gay crowd that pours in from the ARO-space club. High-quality gourmet dishes are served cafeteria-style in this space with a minimalist décor and light wood furnishings. For the late-night crowd, this is a real find – the restaurant is open until midnight Tuesday through Sunday and later on special event nights.

A couple other options in the area are **Café Paradiso** (1005 E. Pike St., ☎ 206-322-6960), a coffee house that serves inexpensive vegetarian food at all hours, and **Coffee Messiah** (1554 E. Olive Way, ☎ 206-860-7377) – an irreverent place with some innovative sandwiches, soups and salads.

Featured Restaurant RATING

GRAVITY BAR, 415 Broadway E, Seattle, ☎ 206-728-9533. Price: $-$$. Vegetarian/Juice bar, 100% meatless, vegan options, organic produce. Hours: Sunday through Thursday, 10am-10pm; Friday and Saturday, 10am-11pm.

Technology meets tradition at the Gravity Bar, located in the Broadway Market. Sitting at the neon pink bar, chrome rice steamers and juicers hiss and howl inches from your face, while 20-somethings with multi-hued hair order glowing concoctions. A bucket full of unusually large carrots and a refrigerator full of bright green wheatgrass seem too radiant to be real. The place feels like the Cantina Tatooine, the bar on Luke Skywalker's home planet in the first *Star Wars* movie. A moment in this uncomfortable, yet exotic juice bar and you'll expect Jabba the Hut to beckon you to some back room.

With the cone-shaped tables and galvanized metal, this place makes you feel far removed from our living, breathing planet. But a quick survey of Gravity Bar's menu and chalkboard quickly reminds you of the earth's abundance. The chalkboard lists current organically grown fruits and vegetables present in their juices and menu items. For a powerful health infusion try a grasshopper, a 16-ounce glass of pineapple juice with pressed mint and wheatgrass. Vegetable juices are also exotic – for vitamins galore, have a glass of tomato, beet, carrot and garlic juice. If you're up for a quick

meal, a plate of steamed brown rice and vegetables can be cooked right before your eyes and brought to you lickety-split.

Madison Valley

The residential neighborhood of Madison Valley is home to one of Seattle's finest restaurants, **Café Flora** (2901 E. Madison St., ☎ 206-325-9100), a favorite among Seattle's earth-conscious intellectuals. With its beautiful wood fixtures, huge plate glass windows, and romantic lighting, it's a gourmet restaurant first and a vegetarian restaurant second. One can easily imagine Frazier and Niles from the sit-com *Frazier* sipping cappuccinos at the elegant bar.

Come by the all-vegan **Five Loaves Deli & Bakery** (2719 E. Madison St., ☎ 206-726-7989) early in the morning and pick up a fresh loaf of apricot-almond bread, or stop by later in the afternoon for a mondo burrito. Five Loaves also serves an all-you-can-eat Sunday brunch that locals rave about.

At the end of Madison Valley near Lake Washington are several ritzy restaurants. A good choice for the health-conscious is the **Cactus Restaurant** (4220 E. Madison St., ☎ 206-324-4140), which serves several meatless Spanish-style tapas as well as its specialty, the cactus fajitas.

U-District & Ravenna

In the U-district, so named because of its proximity to the University of Washington, you'll find lots of young folks appreciative of the inexpensive vegetarian fare. The many restaurants serving natural foods are popular gathering places. Two of the best are **Araya's Vegetarian Place** and **Silence-Heart-Nest** restaurant, both featured below.

Another excellent choice is **Flowers Bar & Restaurant** (4247 University Way NE, ☎ 206-633-1903). Its vegan lunch buffet gets rave reviews from both vegetarians and meat-eaters with its wide array of Middle Eastern specialties. "Just don't eat too much!" exclaimed one over-stuffed diner. The owner of Flowers also owns **Ruby** (4241 University Way NE, ☎ 206-675-1770), the mellow, college-dorm-styled restaurant next door. The décor isn't wonderful, but some of the vegetarian dishes are. Try any of the excellent curry dishes. There are a number of Indian restaurants with vegetarian options in the neighborhood, too. **Neelam's Authentic Indian Cuisine** (4735 University Way NE, ☎ 206-523-5275), with a mostly vegan lunch buffet, is one of the favorites.

A little out of the U-district in Ravenna, **Good Morning Healing Earth Restaurant** (901 NE 55th St., ☎ 206-523-8025) is the quintessential hippie hangout. Located in an old Queen Anne-style house, diners sit at small tables in the living room and make themselves at home. Scattered throughout are bookshelves filled with discarded romance novels and an open mike for those compelled to speak their mind. Entrées are inexpensive and the owner/chef uses locally grown organic produce in a majority of his dishes.

SILENCE-HEART-NEST RESTAURANT, 5247 University Way NE, Seattle, ☎ 206-524-4008. Price: $. Vegetarian, 100% meatless, vegan options. Hours: Monday, Tuesday, Thursday, Friday and Saturday, 11am-9pm.

This quiet, warm, intimate restaurant located in Seattle's U-district is a great little find. Part of a smattering of vegetarian restaurants around the country run by the devotees of Sri Chinmoy, a luminary who sponsors the 3,100-mile ultra-marathon, Silence-Heart-Nest Restaurant might feel too much like a retreat house for some. The peaceful, New Age music can be either soothing or eerie, depending on your perspective.

The restaurant is perfect for a noon-time getaway – try the homemade dal, a lentil soup with loads of onions and mustard seeds. The chapati roll-up is a good deal at $4.95 – whole wheat flat bread stuffed with the curry of the day, lettuce, carrots, cucumbers, red cabbage and bean sprouts, complemented with your choice of one of the many house dressings. (The sesame herb was my favorite.)

SUNLIGHT CAFE, 6403 Roosevelt Way NE, Seattle, ☎ 206-522-9060. Price: $-$$. Vegetarian, 100% meatless, vegan options. Hours: Monday through Friday, 11am-9pm; Saturday and Sunday, 10am-9pm.

One of Seattle's first vegetarian restaurants, the Sunlight Café is a cheery place with a wonderful neighborhood feel. The service here is warm and inviting, and the customers are earthy and mellow. The two-room space has a well-lit area with tables and a dimly lit area with booths. The room with tables feels like a greenhouse with large plate glass windows and ferns interspersed among the tables.

The vegan French toast is exceptional, made with tofu, tahini and soy milk, and seasoned with a mix of nutmeg and cloves. It honestly tops the real thing. For the ovo-lacto vegetarian, the huevos picante is nice – scrambled eggs, cheddar cheese and salsa, rolled in a whole wheat tortilla and baked with enchilada sauce. A side of black beans is served on the side. Quality seems to slip a little at night. The dinner menu is unexceptional, but there are a couple of standouts. The vegetable tofu sauté with peanut sauce is served steaming over a bed of brown rice. This same dish also can be cooked with the garlic-ginger sauce.

Greenwood

CARMELITA, 7314 Greenwood Avenue N, Seattle, ☎ 206-706-7703. Price: $$-$$$. Upscale vegetarian, 100% meatless, vegan options, organic produce. Hours: Sunday and Tuesday through Thursday, 5pm-10pm; Friday and Saturday, 5pm-10:45pm.

Carmelita is a restaurant that any mother would love. In fact, Michael Hughes, the co-owner of Carmelita, put so much love into his restaurant that he named it after his own mother.

Carmelita's seasonal menu features well-described dishes, helpful wine suggestions and some quotes from America's founding fathers. The warm goat cheese and hazelnut salad is the real thing. Warm, fresh goat cheese encrusted with toasted hazelnuts is served alongside heirloom apples and locally grown seasonal greens tossed

with a pomegranate vinaigrette. The portobello mushroom roulade is a staple on Carmelita's menu. A whole roasted portobello mushroom is artfully wrapped around zucchini, roasted peppers and caramelized onions and then placed atop a potato-leek cake with a mushroom demiglace. A seasonal choice is the winter harvest pappardelle – homemade fettuccine served with baby spinach and a light, roasted butternut squash sauce.

Carmelita's food is wonderful, but it's the owners' attention to detail and their environmental concern that make it an extraordinary place. Self-decorated right down to the restroom placards, Carmelita's is an act of self-expression. It really is a restaurant to love.

Spokane

Two notable exceptions to the lack of vegetarian cuisine in Eastern Washington can be found in Spokane. One of these is the **Eat Right Vegetarian Restaurant** (2303 N. Washington Ave., ☎ 509-325-1957). This totally vegan restaurant features a changing menu and a large salad bar. The second exception, **Mizuna** (N. 214 Howard St., ☎ 509-747-2004), is a rare treat. Serving a variety of ethnic dishes from Asia and South America, Mizuna offers live music most evenings and wine tasting on Wednesdays. They use organic produce whenever possible and offer a number of organic wines.

The farmers' market in Spokane is a good one. The **Spokane Marketplace** (1202 W. First Ave.) is open the following hours: 9am-5pm on Wednesday and Saturday in May; 9am-5pm on Wednesday, Friday and Saturday, and 10am-4pm on Sunday, June through October; and 10am-4pm on Wednesday and Saturday, November and December. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

Spokane Outskirts

Outside of Spokane, head to the farmers' markets. In Wenatchee, check out the market near the river 8am-noon, Wednesday and Saturday from June through October. In Kennewick, you'll find the market between Kennewick Avenue and Benton Street. It's open 8am-noon, Wednesday and Saturday from June through November.

Smaller markets can be found in Bridgeport, Chelan, Colville, Ellensburg, Moses Lake, Okanogan, Othello, Pasco, Prosser, Selah and Tonasket.

Another excellent feature of eastern Washington is the apple-growing region in the Columbia River Valley. Red and golden delicious, Rome Beauty and Granny Smith varieties are all grown in the area. If you're interested in touring an orchard, try contacting the Jerzy Boyz organic orchards at wynne@crcwnet.com. The orchard regularly ships tasty varietal apples to gourmet restaurants in San Francisco.

Tacoma

Heading south from Seattle into Tacoma you'll find the somewhat bizarre **Quickie Too: A Vegan Café** (1324 Martin Luther King Dr. S, ☎ 253-572-4549).

They're the makers of the popular vegetarian "Quickie sandwiches" (which can be found in local health food stores). The owners of this converted fast-food restaurant serve their sandwiches fresh. Choose from the Mama Africa burger, the Jamaica spice tempeh sub, and the tofu "steak" sandwich. For Middle Eastern food, try **Cedars III** (7104 6th Ave., ☎ 253-564-0255) restaurant. Baba ganouj, hummus, tabbouli and other Greek specialties are served in a warm environment with plenty of natural light. For groceries in Tacoma, head to **Lakewood Natural Foods** (8111 Steilacoom Blvd. SW, ☎ 253-584-3929) store. Purists will appreciate the strictly vegan deli.

Vashon Island

West of Seattle, a quick ferry boat ride will take you away from the hustle and bustle of the city to Vashon Island. The perfect stop there is **Emily's Café** (17530 Vashon Highway SW, ☎ 206-463-6404), a mostly vegan lunch place with creative bitter green salads, a daily roll-up sandwich special, and an assortment of organic juices. Also on Vashon Island is **Sound Food Restaurant & Bakery** (20312 Vashon Highway, ☎ 206-463-3565), a neighborhood vegetarian restaurant gone mainstream. The eatery hasn't forgotten its roots, however – an imaginative meatless special still graces the specials board every night. Save some room after your meal as desserts are mandatory. Sound Food is open daily for three meals.

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The West

California

California is a mecca for vegetarians and the health-conscious. You won't have any difficulty finding vegetarian options in any of the state's urban areas. In fact, there are so many choices that it's impossible to list all the restaurants. If none of the restaurants here grabs you, pick up one of the free local newspapers and you'll find more listings of Indian, Thai and Chinese restaurants with vegetarian options.

Chico

Located in the Sierra Nevada foothills northeast of Sacramento, Chico is the private party town of the students of the California State University at Chico. The small town is a visual treat; trees planted in the 19th century by its founder now blanket the parks and streets. It was also commended by *Vegetarian Times* for being one of the nation's most veggie-friendly small towns.

Downtown, **Café Sandino** (817 Main St., ☎ 530-894-6515) is vegetarian central. International fare is served with organic ingredients. Many students drive the short distance to the **Vega Study Center** (1511 Robinson St., ☎ 530-533-4777) near Chico in Oroville. Budding macrobiotic chefs prepare ever-changing nightly meals to lucky diners.

Chico Natural Foods (818 Main St., ☎ 530-891-1713) is a non-profit, complete grocery providing bulk foods, whole-grain breads and deli items to the public. Locally grown produce can be found at **S&S Organic Produce & Natural Foods** (1924 Mangrove Rd., ☎ 530-343-4930).

Humboldt County

Misty Humboldt County has a reputation for being a nation apart. Secluded students and survivalists are indeed hours away from a major city, and even further when the fog envelopes all. Sentiments towards the environment run strong here among the redwoods.

Near Humboldt State University in Arcata, small veggie-friendly cafés run aplenty. **Daybreak Café** (768 18th St., ☎ 707-826-7543), **Wildflower Café & Bakery** (1604 G St., ☎ 707-822-0360), **Tofu Shop** (100 Ericson Ct. #150, ☎ 707-

822-7401), and **Wildplatter Café** (747 13th St., ☎ 707-822-5211) are all recommended. Organic produce and natural food items can be collected at the **Arcata Co-op** (811 I St., ☎ 707-822-5947).

Arcata's larger sister city also has a couple of natural food stores of note. Both **Eureka Co-op** (1035 5th St., ☎ 707-443-6027) and **Eureka Natural Foods** (1626 Broadway St., ☎ 707-442-6325) have a good selection of natural foods.

1. Café Sandino; Vega Study Center; Chico Natural Foods; S&S Organic Produce & Natural Foods
2. Daybreak Café; Wildflower Café & Bakery; Tofu Shop; Wildplatter Café; Arcata Co-op; Eureka Co-op; Eureka Natural Foods
3. LA: Love & Serve Vegetarian; Don's Fountain Of Health; Eat A Pita; Inaka Natural Foods Restaurant; Mani's Bakery; Messob Ethiopian Restaurant; Nyala Restaurant; Osteria Romana Orsini; Jack Sprat's Grille; Govinda's Natural Food Restaurant; Madhu's Dasprakash; Mother Earth Restaurant; A Votre Sante; Astro Burger
   HOLLYWOOD: Paru's Indian Restaurant; Urth's Café; Flowering Tree; Leonor's Mexican Food; Toi On Sunset; Anarkali Restaurant; Yujean Kang's; The Newsroom
   SANTA MONICA: Real Food Daily; Anastasia's Asylum; Newsroom Café; Mani's Bakery; Chandni Cuisine Of India; Toi On Wilshire
   SAN FERNANDO VALLEY: Vegetable Delight; Follow Your Heart; Gateway Of India Cuisine; Genmai Sushi; LoCal No-Chol; Leonor's; Good Earth Restaurant; Samata Vegetarian Of India
   TOPANGO: Inn Of The Seventh Ray
   EAST OF LA/PASADENA: Tin-In Healthy Vegetarian; Vegetarian Delight Restaurant; Bamboo Hut; Chameli; Orean's-The Health Express; Good Earth Restaurant
   SOUTH LA COUNTY: Figtree's Café; Spot-The Natural Food Restaurant; Jay Bharat Restaurant; Vegi Wokery
   LONG BEACH: Papa Jon's
4. Stanford Inn By The Sea; Raven's; Lu's Kitchen; Mendocino Café; Corners Of The Mouth
5. Native Foods; Harvest Health Foods
6. Mums Restaurant; Davis Food Co-op; Sacramento Natural Foods Co-op
7. Vegetarian Zone; Café India; Café Lulu; Javanican Coffeehouse; Zen Bakery; Jyoti-Bihanga; Katy's Herbs & Things; Souplantation
   LA JOLLA: Che Café
   ENCINITAS: Roxy Restaurant & Ice Cream
   ESCONDIDO: The Vegetarian
8. THE HAIGHT: Thep Phanom; Indian Oven; Feelmore Juice; The Ganges
   THE MISSION: Ti Couz; Herbivore-The Earthly Grill
   RICHMOND & SUNSET DISTRICTS: Bok Choy Garden; Organica; Joubert's
   OTHER SF AREAS: 11:11 Lounge; Golden Era; Green Bean Café; Millennium; Now & Zen Bistro & Bakery; Ananda-Fuara; Nayala Café; Greens Restaurant; Kowloon; Valentine's Café
   OAKLAND: Café Eritrea d'Afrique; New World Vegetarian; Macrobiotic Grocery & Organic Café
   BERKELEY: Michael's American Vegetarian Diner; Long Life Veggie House
   BEYOND EAST BAY: Ambrosia Garden; Julie's Healthy Café
   THE PENINSULA: Joy Meadow
   SAN JOSE: White Lotus; International Vegetarian House; Tasty Vegetarian Cuisine; Lu Lai Garden
9. Jewel Of India Restaurant; Santa Veggie Chinese Kitchen; Blazing Blenders Juice Bar; New Frontiers Natural Foods; Questa Co-op Natural Foods
10. Sojourner Café; Main Squeeze Café; Natural Café; Good Earth Restaurant; Montecito Natural Foods; Wild Oats Market
11. DOWNTOWN: Planet Fresh Burritos; Pizza My Heart; Hobee's; Rebecca's Mighty Muffins; Gabriella Café; India Joze; Royal Taj; New Leaf Community Market; Eco-Goods; Tea House Spa
    EAST SIDE: Dharma's; Blacks Beach Café; Café Del Sol; Staff Of Life; Linda's Seabreeze Café
    WEST SIDE: Falafel Of Santa Cruz; Emily's; The Food Bin

Los Angeles

Rambling over 467 square miles, not including its hundreds of suburbs, you can never quite arrive in LA. Instead it surrounds you, a maze of metal and concrete extending as far at the eye can see in every direction. Get yourself a good map before driving in LA (most locals suggest the *Thomas Guide*), and before going out to eat, call ahead for reservations and directions. Restaurants disappear quickly in this fickle city, so it's a good idea to check if the place is still there. There is no central strip of restaurants anywhere in the city, but Santa Monica, Hollywood and Studio City seem to have more than their share of veggie restaurants.

On the Side

Good homespun listings of vegetarian eateries and food stores in the Los Angeles area can be found at http://members.zoom.com/_XMCM/LAVeg, as well as http://home.earthlink.net/~couponbook.

Los Angeles Proper

You can count on quirky surroundings and above-average vegetarian food from the many restaurants scattered throughout the country that are owned and operated by the students of spiritual leader and peace advocate, Sri Chinmoy. Add **Love & Serve Vegetarian** (1110½ Gayley Ave., ☎ 310-209-1055) restaurant to the list. The bright and cheery café located near the UCLA campus is known for its all-vegan, all-American "neatloaf" special, served complete with homemade mashed potatoes and mushroom gravy. An assortment of salads and sandwiches rounds out a compelling lunchtime menu. Centrally located in Mid-Wilshire, **Don's Fountain Of Health** (3606 W. 6th St., ☎ 213-387-6621) is a great place to re-energize. Quick afternoon treats such as veggie burgers, soups and organic juices will help you through the day.

Not far from the LA County Museum and the famous La Brea tar pits, head to **Eat A Pita** (465 N. Fairfax Ave., ☎ 323-651-0188) for Greek standards such as tabbouli, hummus and falafel. Also nearby, **Inaka Natural Foods Restaurant** (131 S. La Brea Ave., ☎ 323-936-9353) caters to the macrobiotic crowd. Large plates of brown rice, various beans and steamed vegetables are served for lunch and dinner. The menu has several vegan options. Another favorite in the neighborhood is **Mani's Bakery** (519 S. Fairfax Ave., ☎ 323-938-8800). Healthy breakfast and sandwiches served on its homemade bread are offered, but the real treats are its low-fat desserts and pastries. Vegans will appreciate the soy milk offered with coffee.

Two neighboring Ethiopian restaurants round out the La Brea vegetarian scene. **Messob Ethiopian Restaurant** (1041 S. Fairfax Ave., ☎ 323-938-8827) is recommended for its vegetarian delight dinner combination that includes small servings of curried pumpkin, collard greens, spicy potatoes, lentils and a tomato salad. Vegans are easily accommodated. The older of the two eateries, **Nyala Restaurant** (1076 S. Fairfax Ave., ☎ 323-936-5918), is best known for its weekday all-you-can-eat vegetarian lunch buffet.

Close to the 20th Century Fox Studios in West LA, **Osteria Romana Orsini** (9575 W. Pico Blvd., ☎ 310-277-6050) is a popular choice for vegetarians seeking a romantic Italian meal. Down the street, **Jack Sprat's Grille** (10668 W. Pico Blvd., ☎ 310-837-6662) serves local residents garden burgers and air-cooked fries in a bare-bones atmosphere. Other vegetarian options include salads, pita wraps and hummus sandwiches.

Off Venice Boulevard near Culver City, the Hare Krishnas operate **Govinda's Natural Food Restaurant** (3764 Watseka Ave., ☎ 310-836-1269). The inexpensive, one-price-fits-all Indian lunch and dinner buffets are crowd-pleasers. All buffet items are lacto-vegetarian; vegans should ask about ingredients. Near Santa Monica, **Madhu's Dasprakash** (12217 Santa Monica Blvd. #201, ☎ 310-820-9477) feeds all-vegetarian South Indian cuisine to the masses. Intensely flavored and good-sized dosai and delicate, deep-fried pakoras are stuffed with various vegetables and nuts. Just off 405 near the Santa Monica airport on the West Side is the unexpectedly elegant **Mother Earth Restaurant** (11277 National Blvd., ☎ 310-477-0555). This natural foods eatery fuses American vegetables with Asian sauces in entrées such as the stuffed acorn squash with coconut milk, or the wok-fried tofu with mushrooms, scallions, pepper and garlic. All lunches are served with down-home gingerbread muffins. No added sugar, salt or preservatives are used in cooking.

A VOTRE SANTE, 345 N. La Brea Ave., Los Angeles, ☎ 213-857-0412. Price: $$. Natural food, vegan options, organic foods. Hours: Monday through Friday, 8:00am-11:00pm; Saturday, 9:00am-11:00pm; Sunday, 9:00am-10:00pm.

A Votre Sante (French for "to your health") is a-buzz most of the day. Art school students mix with business types for power lunches. This is really a must-go restaurant. Their non-dairy, gourmet-style cooking is a delight, and the artsy LA atmosphere is great to be around.

The spinach enchiladas are a victory for green – two corn tortillas filled with spinach and topped with spinach sauce and soy cheese. If you have experimented with a lot of different soy cheeses with mixed results, you'll be pleased to know that A Votre Sante gets it right. The curry wrap is also popular – tofu or chicken, asparagus, broccoli and brown rice sautéed in a mild curry sauce and wrapped with hummus and tomato in a whole wheat chapati. Dishes can be served oil-free upon request. A Votre Sante has three other locations: 242 S. Beverly Dr., Beverly Hills, ☎ 310-860-9441; 13016 San Vicente Blvd., Brentwood, ☎ 310-451-1813; and 1025 Abbot Kinney Blvd., Venice, ☎ 310-314-1187.

LA Fast Food

LA's old-school **Astro Burger** chain is rumored to have the greatest garden burgers in town. Multiple locations: 5601 Melrose Ave., Los Angeles, ☎ 323-469-1924; 3421 W. Beverly Blvd., Montebello, ☎ 323-724-3995; 7475 Santa Monica Blvd., Los Angeles, ☎ 323-874-8041; 507 N. La Brea Ave., Inglewood, ☎ 310-671-0409; 1510 W. Rosecrans Ave., Gardena, ☎ 310-538-2891; 14170 Crenshaw Blvd., Gardena, ☎ 310-327-9931; 22502 S. Western Ave., Torrance, ☎ 310-320-2301.

Los Angeles Area Natural Foods Markets

Adventist Book/ Health Food Center
1501 E. Chevy Chase Dr., Glendale
☎ 818-546-8488

Cheviot Farms
10433 National Blvd., Los Angeles
☎ 310-836-5333

Country Store Nutrition
1775 Newport Blvd., Costa Mesa
☎ 949-548-7751

Full O' Life Foods
2515 W. Magnolia Blvd., Burbank
☎ 818-845-8343

Grassroots Natural Market
1119 Fair Oaks Ave., South Pasadena
☎ 626-799-0156

Mrs. Winston's Green Grocery
2020 Avenue of the Stars, Los Angeles
☎ 310-553-4100

Rainbow Acres
13208 W. Washington Blvd., Los Angeles
☎ 310-306-8330

Simply Wholesome
4508 W. Slauson Ave., Los Angeles
☎ 323-294-2144

Sunflower Natural Foods
8639 Lincoln Blvd. #A, Los Angeles
☎ 310-641-2113

Venice-Ocean Park Food Co-op
839 Lincoln Blvd., Venice
☎ 310-399-5623

Vita Health Foods
7862 W. Sunset Blvd., Los Angeles
☎ 323-876-6880

Whole Foods
9350 Reseda Blvd., Northridge
☎ 818-701-5122

Whole Foods
239 North Crescent Dr., Beverly Hills
☎ 310-274-3360

Whole Foods
1870 Harbor Blvd., Costa Mesa
☎ 949-574-3800

Whole Foods
826 North Glendale Ave., Glendale
☎ 818-240-9350

Whole Foods
11737 San Vicente Blvd., Los Angeles
☎ 310-826-4433

Whole Foods
12905 Riverside Dr., Sherman Oaks
☎ 818-762-5548

Whole Foods
4520 N. Sepulveda Blvd., Sherman Oaks
☎ 818-382-3700

Whole Foods
11666 National Blvd., Los Angeles
☎ 310-996-8840

Whole Foods
451 Avenida de los Arboles
Thousand Oaks, ☎ 805-492-5340

Whole Foods
2655 Pacific Coast Hwy., Torrance
☎ 310-257-8700

Whole Foods
14945 Holt Ave., Tustin
☎ 714-731-3400

Whole Foods
21347 Ventura Blvd., Woodland Hills
☎ 818-610-0000

Wild Oats Community Market
3476 S. Centinela Ave., Los Angeles
☎ 310-391-6333

Wild Oats Community Market
120 S. Anderson St., Los Angeles
☎ 323-262-2979

Wild Oats Community Market
2160 E. 7th St., Los Angeles
☎ 323-340-4004

Wild Oats Community Market
603 S. Lake Ave., Pasadena
☎ 626-792-1778

Wild Oats Community Market
8611 Santa Monica Blvd., West Hollywood
☎ 310-854-6927

Eating Healthy At Local Theme Parks

For an amusement park, Disneyland is amazingly health-conscious. Carrots on their "Guide to the Realm" identify healthy eating options throughout the park. Here are a few examples: Bengal BBQ in Adventureland serves vegetable skewers, Blue Bayou in New Orleans Square has a soup and salad combo, River Bell Terrace in Frontierland serves a vegetable stew in a sourdough bread bowl, and Redd Rocketts Pizza Port in Tomorrowland serves a number of pastas. ☎ 800-225-2024.

Six Flags Magic Mountain in Valencia is mostly a world of junk food and cotton candy, though they do offer a veggie burger. You'll find it at Carousel Grill just outside of Gotham City underneath the Superman ride. If you're a hard-core vegetarian, make sure to have them microwave the patty; otherwise, they'll throw it on the grill with the beef. ☎ 661-255-4100.

Hollywood

A highlight of LA's vegetarian scene is **Paru's Indian Restaurant** (5140 W. Sunset Blvd., Los Angeles, ☎ 323-661-7600). The all-vegetarian South Indian food is as good as any in the city, but the real treat is the rich atmosphere. The outdoor patio is magical on warm Hollywood nights when its myriad tropical plants are lit with well-placed lights. People-watchers should stop by **Urth's Café** (8565 Melrose Ave., ☎ 310-659-0628) located on Designer Row. Have a cup of organic coffee and soy milk, and keep your eyes peeled for celebrities.

In West Hollywood, the **Flowering Tree** (8253 Santa Monica Blvd., ☎ 323-654-4332) natural foods café serves a small selection of veggie burgers, soups and salads. In a seedy part of North Hollywood, **Leonor's Mexican Food** (11403 Victory Blvd., North Hollywood, ☎ 818-980-9011) may be the only vegan Mexican hole-in-the-wall on the planet. Beans and more beans are the theme.

A few ethnic restaurants along trendy Sunset Boulevard and Melrose Avenue make it on most local vegetarians' lists. **Toi On Sunset** (7505½ W. Sunset Blvd., ☎ 323-874-8062) is recommended for vegan-friendly Thai food, and **Anarkali Restaurant** (7013 Melrose Ave., ☎ 323-934-6488) for Indian. **Yujean Kang's** (8826 Melrose Ave., ☎ 310-288-0806) is consistently rated Los Angeles' best Chinese. They have a second location in Pasadena (67 N. Raymond Ave., ☎ 626-585-0855).

Hollywood's hard partiers wake up bleary-eyed to stroller-pushing mothers arriving early for Sunday's **farmers' market** (Ivar Ave. & Hollywood Blvd., ☎ 213-463-3171). You'll find exotic produce, fresh fruit juices, live music and good gardening tips from local farmers. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

THE NEWSROOM, 120 N. Robertson St., West Hollywood, ☎ 415-487-9800. Price: $$. International vegan, 100% meatless, vegan options, organic foods. Hours: Open daily, 5am-9:30pm.

Located in the middle of a chi-chi West Hollywood shopping area full of high-priced salons, Armani suits, and cell phones, The Newsroom might seem daunting. Its funky, five-column menu is full of oddities, and you never know when Sharon Stone might walk in sporting a pair of dark sunglasses. But The Newsroom isn't quite as highfalutin' as you might expect. Feel free to wear jeans and bring your kids.

Come in the middle of the afternoon and sit down at the juice pharmacy for a "Grasshopper," a blend of pineapple, mint, and an ounce of wheatgrass. Or try the immune rocket booster with carrot, celery and beet juices combined with a touch of ginger, flaxseed oil, echinacea, and golden seal.

There are plenty of things to choose from for breakfast, lunch or dinner. For a nice salad try the NuMex Caesar – romaine lettuce, tomatoes, roasted peppers, baked tortillas, toasted pepitas, poblano caesar dressing, and red chili croutons. A good sandwich is the Westsider – baked Japanese eggplant, roasted red peppers, melted mozzarella, tomatoes and fresh herb mustard on a multigrain bun. They do serve chicken and fish here, but no red meat.

Santa Monica

Santa Monica's condensed shopping area and good public transportation make it one of the few places to go carless in LA. The restaurants listed below are all within walking distance of the Santa Monica Pier and Promenade and make for excellent nights on the town. **Real Food Daily**, an upper-crust macrobiotic eatery, is featured below.

Reminiscent of a Seattle coffeehouse, **Anastasia's Asylum** (1028 Wilshire Blvd., ☎ 310-394-7113) is just that: a safe zone for the artists, writers and disaffected teens who hang out in its corridors. Whether or not you're a part of the arthouse scene, don't miss vegetarian favorites like Anastasia's homemade lasagna or the quesadilla Isabella made with artichoke hearts, avocado, mild Ortega chilies, and mozzarella. Night owls and early birds alike will appreciate Anastasia's generous 6am-2am hours. Not quite as hip as its cousin in Hollywood, **Newsroom Café** (530 Wilshire Blvd. #102, ☎ 310-319-9100) in Santa Monica is still a movie industry hangout. People-watch over an always-vegan bowl of soup or a veggie burger. Santa Monica's branch of **Mani's Bakery** (2507 Main St., ☎ 310-396-7700) dishes out excellent dairy-free pancakes on top of the usual range of veggie sandwiches.

Don't let the small and simple interior of **Chandni Cuisine Of India** (1909 Wilshire Blvd., ☎ 310-828-7060) keep you away. It's rare to find a North Indian restaurant that has gone all-vegetarian. Chandni's does so in style, offering an aromatic and flavorful assortment of vegetable, bean and rice curries. The staff at the formal **Toi On Wilshire** (1120 Wilshire Blvd., ☎ 310-394-7804) isn't too stiff to meet vegan and vegetarian concerns. Toi is one of LA's highest-rated Thai restaurants.

REAL FOOD DAILY, 514 Santa Monica Blvd., Santa Monica, ☎ 310-451-7544; www.realfood.com. Price: $$. Organic vegetarian, 100% meatless, vegan options, organic foods. Hours: Open daily, 11:30am-10pm.

For 10 years, this elegant restaurant located in the Santa Monica shopping district has stayed current on health trends. Their meals are high in fiber and low in fat, contain no cholesterol, and have a hearty protein base. They use only organically grown produce and whole foods, and use no animal or dairy products, eggs, sugar, honey, artificial sweeteners, or refined flour. And they even filter and purify their water.

Since most of us have been eating good-tasting garbage for the majority of our lives, it's easy to find all this goodness a little startling. If you're not used to eating millet or wakame, be sure to order wisely. The Grecian goddess salad is both tame and tangy – wilted spinach, crumbled tofu cheese, red onions, oranges, tomatoes, black olives and roasted almonds all with a splash of balsamic vinegar and olive oil. The seitan fajitas are a flavorful main course – homemade seitan stir-fried with onions, peppers and tomatoes and wrapped in a whole-wheat tortilla and served with Spanish rice, black beans, guacamole and carrot salsa.

Real Food Daily is good about keeping their menu up-to-date. Call their phone number and dial ext. 2 for the macrobiotic special of the day and for any menu changes. The restaurant also has a second location at 414 N. La Cienega Blvd., West Hollywood, ☎ 310-289-9910.

Santa Monica Area Natural Foods Markets

Co-opportunity
1525 Broadway St., Santa Monica
☎ 310-451-8902

Mrs. Winston's Green Grocery
2901 Ocean Park Blvd. #107
Santa Monica, ☎ 310-452-7770

One Life Natural Foods
3001 Main St., Santa Monica
☎ 310-392-4501

Rainbow Acres
4756 Admiralty Way, Marina Del Rey
☎ 310-823-5373

Wild Oats Community Market
1425 Montana Ave., Santa Monica
☎ 310-576-4707

Wild Oats Community Market
500 Wilshire Blvd., Santa Monica
☎ 310-395-4510

San Fernando Valley

Hidden among San Fernando Valley's unfortunate strip malls are a number of veggie-friendly gems. One of the best (and hardest to find) is **Vegetable Delight** reviewed below. Also excellent, out in Canoga Park, is **Follow Your Heart** (21825 Sherman Way, ☎ 818-348-3240). Follow Your Heart carries unique natural food dishes that you won't find elsewhere in LA. Reuben, submarine or BBQ sandwiches are made from wheatmeat or tempeh. Friday is make-your-own pizza night. Choose from a long list of fresh vegetables, vegetarian sausage, tofu, and real, soy, or rennetless cheeses.

All-vegetarian Southern Indian crêpes and soups can be found at **Gateway Of India Cuisine** (9545 Reseda Blvd. #16, ☎ 818-349-3546) in Northridge. Locals

commend the accommodating staff. **Genmai Sushi** (4454 Van Nuys Blvd., Sherman Oaks, ☎ 818-986-7060) has an unusually strong selection of non-sushi sushi. Genmai means "brown rice," and the restaurant serves a lot of it. **LoCal NoChol** (30869 E. Thousand Oaks Blvd., Westlake Village, ☎ 818-706-7706) is committed to serving – you guessed it – low calorie and no cholesterol foods. Vegetarian options include various tempeh and tofu dishes.

Studio City has a branch of **Leonor's** (12445 Moorpark St., Unit C, Studio City, ☎ 818-762-0660), a vegetarian Mexican joint that sports a mean soy chicken. The national chain of healthful breakfast establishments, **Good Earth Restaurant,** has a branch in Studio City (12345 Ventura Blvd. #12345C, ☎ 818-506-7400) as well as in Northridge (19510 Nordhoff St., ☎ 818-993-7306). **Samata Vegetarian Of India** (12321 Ventura Blvd., Studio City, ☎ 818-761-7696) serves up vegetable curries and Indian breads.

VEGETABLE DELIGHT, 17823 Chatsworth St., Granada Hills, ☎ 818-360-3997. Price: $$. Chinese, 100% meatless, vegan options. Hours: Monday through Friday, 11:30am-9:30pm; Saturday and Sunday, 4pm-9:30pm.

Dark, cool and mysterious, Vegetable Delight is located in a nondescript mini-mall in Grenada Hills. Its early '80s wall-to-wall mirrors and its mauve and teal tablecloths and place settings aren't exactly the posh, high-energy LA atmosphere you might be looking for. But for the connoisseur, Vegetable Delight serves up the best faux-meat this side of Hong Kong.

Go with "Complete Dinner A" for the full experience. You'll start with a nice spicy hot and sour soup, followed quickly by your first taste of Vegetable Delight's wizardry, the fried veggie "shrimp." For an entrée, the sesame veggie "beef" – Chinese black mushrooms deep-fried then stir-fried – tastes amazingly like the real thing, right down to the fake beefy gristle. The nutty kung pao chicken, made with gluten, is also a good choice.

Topanga

Hidden in the Santa Monica mountains, **Inn Of The Seventh Ray** (128 Old Topanga Canyon Rd., ☎ 310-455-1311) attracts urban dwellers eager for an escape from daily trials and tribulations. Romantic dining takes place outdoors under oak trees next to a gurgling creek with rare-for-LA views of the stars. Meals are advertised as natural foods, although meat, poultry and seafood are on the menu. The menu lists gourmet vegetarian creations like acorn squash stuffed with orange and curry and steamed artichokes. Call ahead for reservations; the restaurant is often closed for weddings and banquets.

East of LA & Pasadena

As is the tradition, the menu at the Chinese Buddhist **Tin-In Healthy Vegetarian** (640 W. Valley Blvd., Alhambra, ☎ 626-458-9682) looks like that of any other Chinese restaurant's – full of beef, chicken and pork. Of course, all of it is made with textured wheat gluten, mushrooms and soy, not the real thing. Tin-In's atmosphere is

cheery and upbeat. A second faux-meat palace is the **Vegetarian Delight Restaurant** (140 W. Valley Blvd. #203, ☎ 626-288-2698) in San Gabriel. Over-the-top entrées such as the roast vegetarian lion's head make Vegetarian Delight an adventure worth seeking. Slightly more ordinary vegetarian Chinese is served at **Bamboo Hut** (815 W. Naomi Ave. Unit A, Arcadia, ☎ 626-445-5688), which specializes in vegetarian rice and noodle dishes.

The comfortable, well-lit **Chameli** (8752 Valley Blvd., ☎ 626-280-1947) is a treat for those accustomed to eating great Indian food in ignore-the-plastic-chairs dining rooms. Chameli serves unusual North Indian regional cuisine, including Indian-style pumpkin and black-eyed peas. Spicy lentil and rice curries and soft nan round out an all-vegetarian menu.

Pasadena is home to **Orean's**, a funky vegetarian fast food joint spotlighted below. There's also a branch of the **Good Earth Restaurant** (257 N. Rosemead Blvd., ☎ 626-351-5488) in Pasadena.

OREAN'S: THE HEALTH EXPRESS, 817 N. Lake Ave. (just off I-210), Pasadena, ☎ 818-794-0861. Price: $. Fast food, 100% meatless, vegan options. Hours: Open daily, 9am-9pm.

Boxed in by a McDonald's, a Burger King, and a Taco Bell is what might be the world's first vegan fast-food joint. It looks like an old hot dog stand, but pull your car into the drive-through at Orean's and you'll have yourself a veggie burger before you can blink an eye.

The "Big-O" chili cheeseburger is a good option only if you've got a plate and a fork nearby, otherwise you'll have quite a mess on your hands. Orean's chili is made with beans, the cheese with soy, and the patty with grains and vegetables. The hot-o-dog gives you the most bang for your buck at a paltry $1.29. There's also a chicken-o-burger and even a filet-o-soul.

Avoiding fat? Check out Orean's air fries – French fries cooked using hot air instead of oil. Not bad.

South Los Angeles County

Venice's alternative crowd waits patiently for a seat at the beachfront **Figtree's Café** (429 Ocean Front Walk, ☎ 310-392-4937) for Sunday brunch. Breakfasts like the cornmeal blueberry pancakes served with pure maple syrup keep them coming back for more. Another coastal favorite is **Spot: The Natural Food Restaurant** (110 2nd St., Hermosa Beach, ☎ 310-376-2355). Surfers snack on homemade bread, daily soup specials and vegetarian lasagna.

What better place to find good Indian food than an Indian neighborhood? Follow the crowds of Indian-Americans to **Jay Bharat Restaurant** (18701 Pioneer Blvd., ☎ 562-924-3310) in Artesia. Ultra-cheap vegetable dosai are perfect for mid-day snacking. A well-recommended Chinese restaurant in Cerritos is **Vegi Wokery** (11329 183rd St., ☎ 562-809-3928). Be sure to arrive before the restaurant closes at 9pm.

Long Beach

Doubling as a natural food market and café, **Papa Jon's** (5006 E. 2nd St., ☎ 562-439-3444) is Long Beach's only vegetarian restaurant. Specialties include spinach lasagna, tempeh burgers, shepherd's pie and an assortment of vegetarian tacos and burritos. Ask about vegan options.

Mendocino

A long drive through Mendocino's wine country to the photogenic town of Mendocino, located on a Pacific bluff, is one of the best and relatively unknown backcountry trips in California. The small village is full of inexpensive spas, massage therapists, smart art galleries and card readers for those seeking rejuvenation.

One of the nation's best vegetarian splurges is the **Stanford Inn By The Sea** (44850 Comptche Ukiah Rd., reservations: ☎ 800-331-8884). A small, working, certified-organic garden and farm that happens to have an inn, the low-lying wood building fits artfully under its backdrop of towering redwoods. The organic gardens are walkable and show off a wide variety of both ordinary and gourmet vegetables such as radicchio, mizuma, arugula and tah tsai. Rooms come with a fireplace, four-poster bed, views of either the gardens or ocean and a complimentary organic breakfast. Even if you can't afford to stay at the Stanford Inn, don't miss **Raven's**, the attached organic vegetarian restaurant. Breakfasts are popular with both visitors and locals and feature made-to-order entrées created from the freshly picked organic fruits and vegetables gathered on the farm.

Other veggie-friendly restaurants in town include **Lu's Kitchen** (45013 Ukiah St., ☎ 707-937-4939) and the **Mendocino Café** (10451 Lansing St., ☎ 707-937-2422). Pick up organic and natural groceries at **Corners Of The Mouth** (45015 Ukiah St., ☎ 707-937-5345).

Palm Springs & Palm Desert

Vacationers heading to the desert have a couple of options for natural food groceries – **Native Foods** (73890 El Paseo, Palm Desert, ☎ 760-836-9396; and 1775 E. Palm Canyon Dr., Palm Springs, ☎ 760-416-0070) and **Harvest Health Foods** (73952 US Hwy. 111, Palm Springs, ☎ 760-346-3215). Both have good selections.

Sacramento & UC Davis

Largely ignored because of its glitzy counterparts, California's state capital is the center of activity for the rural Central Valley. Sightseeing highlights include the reconstructed capitol and Old Sacramento, an area of restored commercial spaces housing candy stores, T-shirt shops, bars and restaurants.

In a lonely strip mall with a sad, unattractive storefront, the all-vegetarian **Mums Restaurant** (2968 Freeport Blvd., ☎ 916-444-3015) opens up inside to a surpris-

ingly intimate garden interior with a homey backyard patio for al fresco dining. Artistic masterpieces like the Thai- baked rice with seitan – brown rice, red curry and chili served in an enormous pineapple shell – are worth taking pictures of. Not as visibly appealing, but infinitely appetizing, was Mums shepherd's pie, a savory cheese and nut loaf made with brown rice, mushrooms and fresh herbs served with garlic mashed potatoes. Entrées are creative, and portions are unbelievably large.

For organic and locally grown vegetables, two local co-ops are recommended. **Davis Food Co-op** (620 G St., ☎ 530-758-2667) is located near the UC Davis campus. In Sacramento, try **Sacramento Natural Foods Co-op** (1900 Alhambra Blvd., ☎ 916-455-2667).

San Diego

Formerly the Chinese Kung Food, **Vegetarian Zone** (2949 Fifth Ave., ☎ 619-298-7302) has taken on a more international flair. Additions such as the spinach mushroom lasagna and the mushrooms Aphrodite – fresh mushrooms stuffed with spinach, onions, walnuts and sunflower seeds – have transformed the aging eatery into something special. Die-hard Kung Food fans needn't worry: entrées such as the sesame mock chicken are still on the menu. The popularity of **Café India** (3760 Sports Arena Blvd., ☎ 619-224-7500) stems from its all-you-can-eat vegetarian lunch buffet. The buffet is served daily at this little gem near the sports arena.

Surprising for a city with such gorgeous weather, San Diego has a buzzing coffeehouse scene. The young high school literati hang out on thrift-store couches while their counterparts are off to Tijuana. Snacky vegetarian items are listed on most chalkboards. Downtown, **Café Lulu** (419 F St., ☎ 619-238-0114) is young, hip, and nearly all vegetarian. Soups, salads and sandwiches are available until 3am on weekends. Dark and lounge-like, **Javanican Coffeehouse** (4338 Cass St., ☎ 858-483-8035) serves organic coffees to a crowd of locals sitting around its chess and backgammon tables. Food options are typical café fare, consisting of light sandwiches and simple salads. **Zen Bakery** (4920 Voltaire St., ☎ 619-221-1220) serves natural muffins, breads and vegetarian whole-wheat pizzas.

Featured Restaurant

RATING

JYOTI-BIHANGA, 3351 Adams Ave., San Diego, ☎ 619-282-4116. Price: $$. Vegetarian, 100% meatless, vegan options. Hours: Monday through Saturday, 8:00am-9:00pm.

It's not everyday that you eat in a temple. But that's the feeling you get when you come to Jyoti-Bihanga. Sky-blue walls, a fountain, a high, arched ceiling and 15-foot windows combine to create an atmosphere of peace and serenity.

Locals recommend the all-you-can-eat vegetarian breakfast buffet offered on Saturday mornings. Various granolas, fruits, an egg scramble, a tofu scramble, and some wonderful dairyless blueberry pancakes are laid out for your sampling on fold-up tables. During regular hours choose from salads, veggie burgers and the special of the day.

KATY'S HERBS & THINGS, 2818 Juniper St., San Diego, ☎ 619-544-0375. Price: $$$. Bed & Breakfast, organic produce. Hours: Call for current hours and events.

Katy's is actually a tiny B&B located above the municipal golf course in San Diego's historic Balboa Park. The inn has two suites, both beautifully decorated. One of the suites has its own private patio that overlooks Katy's huge garden of herbs.

The real interest at Katy's, though, is the themed lunches, dinners and teas that Joan Keif, the owner, sponsors three times a month. For example, Joan's May Celebration included stories of Celtic May Day celebrations and the herbs associated with them, as well as the raising of a traditional Maypole. A talk on herbs and gardening, centering on the theme that Joan has chosen for the event, follow the meals, which contain only natural foods and herbs from Joan's garden.

A very intimate and warm setting, Katy's is a great place to stay or eat if you visit San Diego. Call ahead for reservations or an event calendar. Vegetarians can be accommodated upon request.

SOUPLANTATION, 6171 Mission Gorge Rd., San Diego, ☎ 619-280-7087. Price: $$. Salad bar, vegan options. Hours: Open daily, 11:00am-10:00pm.

In the battle of the all-you-can-eat salad bars, Souplantation ranks among the best. With a smorgasbord of over 60 salad items, plus dressings, pastas, soups, fruit and muffins, you can surely build the perfect dinner for yourself. Souplantation is a great place to bring the kids; there are lots of large tables.

La Jolla

Che Café (University of California, San Diego, ☎ 858-534-2311) is just another one of La Jolla's co-operative restaurants catering to straight-edge punk rockers looking for cheap, head-banging vegetarian food. What? That's right. In the middle of La Jolla's bastion of conservatism is a place that's downright revolutionary. Serving a $4, all-you-can-eat vegan buffet of veggie burgers and Indian curries, the Che Café draws a ragtag collection of international small-time punk bands, burned-out deadheads and curious students. The eatery is located on the campus proper.

Encinitas

About the only Encinitas survivor of the '60s is the infamous **Roxy Restaurant & Ice Cream** (517 First St., ☎ 760-436-5001). The homegrown granola and ice cream joint has transformed alongside its baby-boomer founders, but it hasn't lost all its ideals. There's still a lengthy list of vegetarian entrées, including squash enchiladas and artitacos (artichoke hearts, cheddar cheese, black olives, onions, tomato and sprouts in a corn tortilla). For dessert, vegans will appreciate the dairyless, eggless baklava, while ovo-lacto vegetarians go for a scoop of Roxy's 100% natural ice cream. The Roxy features live bands Thursday though Sunday night.

Escondido

Ultra-casual, **The Vegetarian** (431 W. 13th Ave., ☎ 760-740-9596) in Escondido has an excellent salad bar gleaned from organic produce purchased at local farms.

San Diego Area Natural Foods Markets

Hillcrest Health Food
405 Washington St., San Diego
☎ 619-298-8206

Ocean Beach Organic Food Market
4765 Voltaire St., San Diego
☎ 619-224-1387

Sunshine Organic Foods
3918 30th St., San Diego
☎ 619-294-8055

Whole Foods Market
711 University Ave., San Diego
☎ 619-294-2800

Whole Foods Market
8825 Villa La Jolla Dr., La Jolla
☎ 858-642-6700

San Francisco & The Bay Area

San Francisco

San Francisco is undoubtedly one of the most veggie-friendly cities on earth. Just about every restaurant in the city has a vegetarian selection (with the notable exception of the tourist traps along Fisherman's Wharf). The quantity also equals quality. I may be biased but, after many travels, I still think my hometown has the best vegetarian food found anywhere. Five diverse vegan restaurants grace five different neighborhoods: **Herbivore** in the Mission District, **Joubert's** in the Outer Sunset, **Millennium** downtown near the Civic Center, **Now & Zen** in Japantown, and **Organica** in the Inner Sunset. These aren't tired old dives. All take a modern approach to veganism that takes the palate into serious consideration. Meatless restaurants with diverse menus like **Ananda-Fuara**, **The Ganges**, **Greens**, **Kowloon,** and **Valentine Café** also abound. (These five restaurants are reviewed below.)

San Francisco's ethnic eateries range from upscale fusion cuisine in trendy neighborhoods, such as the Mission, to the more traditional foods served in ethnic neighborhoods like Chinatown. There are too many to name here, but I'll take some liberties and list my personal favorites.

The Haight

The Haight was undeniably the center of the universe in the summer of 1967 when throngs of wide-eyed baby boomers came to San Francisco for free music, free love and free drugs. These days you can still get all those things along The Haight, but none for free. The Haight has become commercialized in recent years with high-priced music shops, vintage clothing stores, and more shoe shops per square foot

than any other neighborhood in the US. There is still a free-wheeling element to The Haight, but it's more criminal and less colorful than the gold old days.

Several excellent restaurants lie in the Lower Haight neighborhood east of Divisidero Street. Consistently rated San Francisco's top Thai, **Thep Phanom** (400 Waller St., ☎ 415-431-2526) packs 'em like sardines into its cozy dining room. It's worth the wait for the param pak – spinach and tofu in a creamy, peanut sauce – and the choo-chee tofu curry. Next door, **Indian Oven** (233 Fillmore St., ☎ 415-626-1628) creates some of the finest nan this side of the Himalayas. The soft, freshly baked bread is the perfect utensil for scooping up spicy curries like the tomato-based chana masala made with chickpeas and onions, and the saag aloo made with spinach and potatoes. Across the street, don't miss **Feelmore Juice** (254 Fillmore St., ☎ 415-255-6701). The owner's genuine commitment to health is apparent in his extensive selection of additives. Unlike your local Jamba Juice, a little extra ginger is free.

Hidden away west of The Haight, **The Ganges**, featured below, is a popular urban getaway.

THE GANGES, 775 Frederick St., San Francisco, ☎ 415-661-7290. Price: $$. Indian vegetarian, 100% meatless, vegan options. Hours: Tuesday through Saturday, 5pm-10pm.

Sneak to the back of The Ganges, remove your shoes, relax cross-legged at low-lying tables and let sitar music drown out the worries of your day. As far as food quality is concerned, The Ganges is a rather average Indian food establishment. The draw to this restaurant for city dwellers, however, is its off-the-beaten-path location, its quiet atmosphere, and its ability to take you to a land far away.

Be sure to order one of the combinations to get the full range of Indian accouterments, then scan the menu for red dots and order from the choices for appetizer and curries of the day. As appetizers, samosas and pakoras are deep-flavored and good for chutney-dipping. The chili pakora, a green chili fritter, is unbearably hot – masochists only. Favorites among the curries of the day are the stuffed banana – a ripe banana stuffed and baked with coconut, cilantro and various Indian spices – and any of the potato dishes (aloo gobi is cauliflower with potatoes, onions and spices).

On Friday nights at 8:00 The Ganges features live sitar music. Make reservations in advance.

The Mission

Once a largely Hispanic neighborhood, The Mission is becoming gentrified at a breakneck pace with an influx of Internet millionaires. Trendy restaurants and night clubs pop up daily along colorful Valencia Street.

Ti Couz (3108 16th St., ☎ 415-252-7373) crêperie is *the* place to take out-of-towners. Based on the cooking philosophy of the working-class residents of Brittany, in the northwest of France, Ti Couz serves hundreds of versions of crêpes. Most diners start with one of the savory buckwheat crêpes and finish with a sweet, dessert crêpe. The luscious crêpe with Gruyere cheese and a mushroom sauce and the sweet crêpe with nutella and vanilla ice cream are divine. Like most French restaurants, the menu is dairy-heavy and is best avoided by those on a vegan diet.

HERBIVORE: THE EARTHLY GRILL, 983 Valencia St., San Francisco, ☎ 415-826-5657. Price: $. International vegan, 100% meatless, organic foods. Hours: Open daily, 11am-10pm.

If you're a vegan, this is your Eden. The place is sparkling with apples, oranges, lemons and limes forming an art collage next to triangular-shaped tables lighted with cool industrial lamps. The prices are unbelievably low ($5 to $8 an entrée) – outrageous considering the expensive organic vegetables and the popular location. And the food is colorful, tasty and entirely non-dairy, right down to the toasted-almond rum cake. I'm convinced this owner is driving himself into bankruptcy – visit this restaurant soon! Try the spicy kung pao – char-broiled veggies with shiitake mushrooms, peanuts and chilies served with your choice of brown or basmati rice. The "I-can't-believe-it's-cheeseless" lasagna is also a good choice – noodles, tofu ricotta, mushrooms, zucchini, spinach and marinara sauce.

Herbivore just recently started table service – at press time, their service was uneven. If you're sensitive to spice, beware: some dishes, like the kung pao listed above, as well as the red curry and pad Thai, are very hot. Otherwise, Herbivore comes highly recommended.

Wet Your Whistle With Wheatgrass

Bars aren't very healthy places, normally. Watching the single, double, and sometimes even triple shots downed by the crowd here, you wouldn't think this place was any different. Yet this bar with the façade of a cheery, red barn in the Mission district of San Francisco is not a normal one.

The Wheatgrass Grower's Farm and Depot was originally a place where local pet store owners came to get wheatgrass to feed the city's hungry kitties. Now it hosts a happy hour from 4pm to 6pm, Wednesday and Friday, serving wheatgrass juice shots with Rejuvalac chasers. Though the patrons reportedly get wild and raucous, you can be assured that they're on a different high than the beer-sopped business crowd downtown.

The drinks served here are meant to cure rather than drown out the problems of modern-day living. Wheatgrass was recently introduced as a health food because of its huge amounts of vitamins and the rumored life-giving qualities of its concentrated chlorophyll. Though there is a debate among the medical community as to the validity of this, the regulars at the Wheatgrass Grower's Farm swear by the stuff, claiming it cures a whole range of ills from cancer to dandruff.

Judging from the awful taste of the wheatgrass shots, they must be good for you. The sweet-tasting Rejuvalac, filled with enzymes meant to break down chlorophyll, cuts the bitter flavor a little, but there's still a frightening aftertaste. You may end up wishing you had stuck with tequila and lime. Of course with the wheatgrass, you're guaranteed no next-day regrets. Stop in for a shot or buy a small plot of grass to take home to your feline friends.

Wheatgrass Grower's Farm and Depot, 1785 5th St., San Francisco, ☎ 415-864-3001. Open 9am-6pm, Monday through Saturday.

The Richmond, The Sunset & Golden Gate Park

Half of San Francisco is encompassed by the Richmond and Sunset districts, which extend from the middle of the city all the way to the ocean. Perpetually shrouded in fog, both neighborhoods embody the quieter side of San Francisco. Golden Gate Park, a three-mile strip of walking trals, urban lakes, botanical gardens and outdoor sports areas, splits the two neighborhoods.

Towards the ocean in the Richmond, the tiny **Bok Choy Garden** (1820 Clement St., ☎ 415-387-8111) offers creative, egg-less vegetarian cooking. Try unique dishes like the fried walnuts in sweet and sour sauce or the stewed soy bean sheet rolls and tofu.

On the Inner Sunset, **Organica** is a good place to lunch after a morning in the park. Off the beaten path near the ocean, try **Joubert's** for an unusual taste of South Aftrican vegan cuisine. Both restaurants are featured below.

ORGANICA, 1224 Ninth Ave., San Francisco, ☎ 415-665-6519. Price: $-$$. 100% meatless, vegan options, organic produce. Hours: Tuesday through Saturday, 11:08am-11:08pm.

"Experience" is a good word to describe this unique, all-organic, vegan restaurant located in a quaint commercial district just off of Golden Gate Park. Organica uses a unique concept originating in Hawaii in which for better health, all vegetables should be eaten "living," that is, uncooked, and at a relatively young stage. Sprouts and nuts are emphasized in the menu selections.

The results of this unusual philosophy are astounding. The food here is both visually stimulating (chefs show off the vibrant colors of their uncooked fare) and downright delicious. The atmosphere – lots of greenery, artsy pictures of nude beaches, a shoes-off section with floor pillows, and techno-ambient background music – is very fun. And the staff is multi-talented; you may very well see your server go back to the open kitchen and create your entrée after taking your order.

The tom yum (spicy coconut soup) is a zesty start to this culinary adventure. The nori rolls are served to you sushi-style on a cutting board with a homemade soy sauce. The rolls are made with a carrot-almond pâté and sunflower seed "cheez" then wrapped in a sheet of sun-dried nori (seaweed). You have your choice of avocados, roots or sprouts as filler. Any of the pizza-in-the-raw choices make a good entrée. Try the "traditional" – fresh tomatoes, onions and beets with sprouted cashew ricotta and a sun-dried tomato sauce on a wheat and vegetable "essene crust."

Take your time eating at Organica – every bite is something new. (In case you noticed the strange hours, yes, the restaurant does open and close at eight minutes past the hour.)

JOUBERT'S, 4115 Judah St., San Francisco, ☎ 415-753-5448. Price: $$. South African, 100% meatless, vegan options. Hours: Wednesday through Saturday, 6pm-10pm; Sunday, 5pm-9pm.

At this South African vegan restaurant, plates are piled high and dishes are heavy on the legumes. This makes Joubert's dinners hearty – something not always gotten in a vegetarian meal.

The avocado pâté comes with a homemade loaf of bread and is a wonderful start. The cool flavors of cilantro and lemon are palate cleansers for the spicy dishes to

come. The inkowane is filling – a large portobello mushroom baked with garlic, sage and almond, then topped with mushroom gravy. Most dinners come with sides of bredie and potjiekos – beans and ratatouille cooked South African-style with heavy masala flavorings. Condiments of banana and apple chutneys add both sweetness and spice. Joubert's also has a unique wine list with many organic, kosher and rare South African selections. I chose Overgaauw, a buttery, golden South African Chardonnay powerful enough to blend with the heavy Indian spices.

Except for the cafeteria-style chairs and tables, Joubert's has a nice, personal touch. The staff is knowledgeable and friendly, and if you stay late, Joubert's chef might pay you a visit, even if you're not a VIP.

Other San Francisco Neighborhoods

Other vegetarian restaurants in San Francisco include the **11:11 Lounge** (1330 Polk St., ☎ 415-885-2652), a small café and juice bar in dicey Polk Gulch. Greek-style salads and funky juices are the specialties. Recently opened, **Golden Era** (572 O'Farrell St., ☎ 415-673-3136) has the same nearly vegan menu as the Golden Lotus restaurant in Oakland. Creative Chinese and Vietnamese dishes such as the lemon grass tofu are featured. Downtown, the tiny **Green Bean Café** (704 Post St., ☎ 415-563-1972) serves vegan sandwiches to San Francisco's temp workers and bike messengers. Check out all the neighborhood restaurants featured below.

MILLENNIUM, 246 McAllister St., San Francisco, ☎ 415-487-9800. Price: $$$. International vegan, 100% meatless, organic foods. Open daily, 5pm-9:30pm.

If Greens is the mother of all vegetarian restaurants, Millennium is the child prodigy. Located in the basement of a historic hotel near downtown, Millennium's dining room mixes classic architectural lines with industrial motifs to create an upscale, urban atmosphere in which to toast your vegan friends.

Presentation is the hallmark here. The chefs drizzle colorful mango and red pepper sauces on dishes with a purpose. At Millennium, the line between appetizer and art is exceedingly fuzzy. The quinoa-corn cake is an earthy, pan-sautéed cake accented with pistachios, avocado and jicama, served over a pasilla chile with cilantro and pumpkin seed pesto. The plantain torte is a hallucinogen for the taste buds. Disconcerting layers of sweet yet spicy plantains are pasted together with a cool and creamy cilantro-tofu spread, sandwiched in whole-wheat tortilla slices and laid over a spicy papaya tomato salsa. After your starters, come down to earth for a moment and try Mariana's roulade – roasted sweet corn, portobello mushrooms and spicy seitan with corn masa, baked in a crisp pastry shell, then served over a red-pepper and caper "cream" with a side of strawberrry-chipotle chili salsa.

There's no doubt: Millennium serves the food of the future. My only word to the wise is to stay away from the "steak": fake-steak is a *mis*-take, especially with so many original dishes on the menu.

NOW AND ZEN BISTRO & BAKERY, 1826 Buchanan St., San Francisco, ☎ 415-922-9696. Price: $$. 100% meatless, vegan options, organic foods. Hours: Brunch Saturday, 11am-3pm and Sunday, 10am-3pm. Dinner Tuesday, Thursday and Sunday, 5:30pm-9:30pm; Wednesday, 5:30pm-10pm (dinner with jazz); Friday and Saturday, 5:30pm-10:30pm.

Now and Zen Bistro and Bakery is a place for the creative. Crayons and a paper tablecloth give you something to do while you wait for your creamy carrot flan appetizer – an unusual, non-dairy custard made with carrots and served over leeks. The filet of "soul" with lemon caper sauce – delicate seitan and nori fillets breaded and sautéed, then topped with shallots, capers, red bell peppers and a lemon sauce – raised eyebrows. Now and Zen's unusual take on this traditional plate makes you happy that you've left one more fish in the ocean.

Though the dishes are imaginative and the décor quaint, Now and Zen is not a restaurant for those uninitiated to vegan cuisine. It is a good, strict, vegan restaurant, and its staff is knowledgeable and health-conscious. Just don't take your meat-eating friends here in an attempt at conversion.

ANANDA-FUARA, 1298 Market St., San Francisco, ☎ 415-621-1994. Price: $. Eclectic, 100% meatless, vegan options. Hours: Monday and Tuesday and Thursday through Saturday, 8am-8pm; Wednesday, 8am-3pm.

Ananda-Fuara is part restaurant, part peace center. Sri Chinmoy, a luminary perhaps best known for his sponsorship of the 3,100-mile ultra-marathon, runs a meditation center out of the building. Pictures of him shaking the Pope's hand and speaking with other prominent world figures adorn the walls. Add sky blue walls and stained glass hummingbirds and you get a true new-age experience.

Either of the two "burgers" will leave you feeling centered. The vegan veggie burger features a homemade patty made from vegetables and grains. The vegan BBQ tofu burger packs a heavy protein punch with a tangy, house BBQ sauce. The infinite bleu salad – sautéed zucchini, broccoli, mushrooms, cabbage, onions and brown rice accompanied by fresh lettuce and sprouts with blue cheese dressing – is a good option for the non-vegan.

Ananda-Fuara is probably best visited during the day; the neighborhood gets sketchy at night. However, it might be worth braving the Market Street demons just to find out the nightly peace special. The restaurant also seems to be closed randomly, so if you come at a bad time, walk around the corner to the **Nayala Café**, an Ethiopian restaurant with a vegetarian lunch and dinner buffet.

GREENS RESTAURANT, Fort Mason, Bldg. A, San Francisco, ☎ 415-771-6222. Price: $$. International, 100% meatless, vegan options, organic produce. Hours: Brunch Sunday, 10am-2pm; Lunch Tuesday through Saturday, 11:30am-2pm; Dinner Monday through Saturday, 5:30pm-9:30pm.

Greens is the mother of all Californian vegetarian restaurants, and as such, it should be revered. Located at the Fort Mason Center directly on the San Francisco Bay, Greens offers a panoramic view of the Golden Gate Bridge. It's a great place for out-of-towners; they'll be impressed by the impeccable dining room, the well-starched tablecloths and the sophisticated menu.

Unfortunately, a lot of locals feel that Greens is overpriced and has lost some of its edge. The cannelloni – pasta filled with spinach, crimini mushrooms, leeks, ricotta and provolone cheese, then baked in a mushroom and roasted-garlic sauce – is a fixture on the dinner menu. Don't get me wrong. You can still get truly innovative dining at Greens. You'll just have to dish out the 40 smackers for the *prix fixe* menu on Saturday night. A typical entrée is the masa harina crêpe – a thin pancake filled with roasted butternut and chayote squash, potatoes, peppers, chipotle chilies, Vermont cheddar cheese, and sage.

Greens has an impressive wine list for the connoisseur with many organic options. They also have some killer desserts. Be sure to bring your wallet.

KOWLOON, 909 Grant St., San Francisco, ☎ 415-362-9888. Price: $. Chinese vegan, 100% meatless, vegan options. Hours: Open daily, 10am-9:30pm.

Kowloon is located smack-dab in the middle of Chinatown, making it a wonderful vegetarian restaurant for the wandering traveler. Their prices are extraordinary, too (main dishes are $5-$6) – a rarity in this city.

For a noontime snack, try a combination of dim sum: vegetarian shu mai is a mix of water chestnuts, potatoes, carrots and mushrooms; potstickers are filled with mushrooms and carrots; and red bean paste steamed buns are a sweet finish. For a main dish, satay vegetarian meatballs is a choice for the brave. Served in a clay pot, this entrée is mysteriously meatless and frighteningly fiery.

Although the décor is sparse and the environment none too relaxing, Kowloon's is an interesting place from which to watch the Chinatown buzz with its combination of frenzied tourists and Zen-like monks. It's also a great choice for anyone on a budget.

VALENTINE'S CAFE, 1793 Church St., San Francisco, ☎ 415-285-2257. Price: $$. International, 100% meatless, vegan options, organic foods. Hours: Brunch, Saturday and Sunday, 9am-3pm. Dinner, Sunday through Thursday, 6pm-9:30pm; Friday and Saturday, 6pm-10pm.

Valentine's Café is true to its name – a romantic dinner spot for two. This cozy restaurant at the end of one of San Francisco's streetcar lines is a great place to take a vegetarian date. The staff will be happy to crouch next to you and explain the impressive menu. (What's a vegetable tangine? What's vindaloo sauce? What is tat soy?)

After speaking to the waitstaff, you'll probably be having trouble making decisions. One suggestion is to start simply with the 100% organic house salad – Scarborough Farms baby greens with pumpkin seeds in a sun-dried tomato vinaigrette. For an entrée, the scallopini of portobello mushroom, served "picatta" with capers, tomatoes and scallions in a vegan lemon butter sauce, is as elegant and mouth-watering as it sounds. Valentine's jambalaya – homemade seitan "sausage" with vegetables in a spicy, tomato-mahogany broth and served over the traditional red rice – is also a good choice.

Finish your dinner with a cup of Valentine's organic coffee and watch the streetcars go by a few more times.

Organics To Your Door

With the number of Bay area fully employed households who can't make it to local farmers' markets to pick out locally grown produce, delivery services that distribute organic produce directly to your door are becoming increasingly popular. **The Box** (☎ 415-695-9688) delivers weekly or bi-weekly to your door a box of 14 to 16 types of in-season fruits and vegetables. Along with the vegetables comes a helpful newsletter complete with recipes, cooking suggestions and a paragraph or two about the state of current crops. The service is available throughout the Bay area. **Planet Organics** runs a similar service covering the same areas as The Box, while **Mother's Organics** (☎ 415-454-2071) delivers fresh organic produce to Marin County residents.

Oakland

Along popular Telegraph Avenue, expatriate Ethiopians hang out over family-style plates of African curries at **Café Eritrea d'Afrique** (4069 Telegraph Ave., ☎ 510-547-4530). At **Golden Lotus** (1301 Franklin St., ☎ 510-893-0383) the emphasis is on the lunch steam table where diners can choose up to three sautéed vegetable and tofu items for under $4. Dinners include a typical list of Chinese Buddhist mock-meat dishes. The renamed **New World Vegetarian** (464 8th St., ☎ 510-238-8816), which replaced Bode Vegetarian, offers a creative mix of Thai, Middle Eastern, Vietnamese, Chinese, Indian and even Italian specialties. Recommended are the stir-fries and clay-pot dishes.

Pick up organic produce in Oakland at **Macrobiotic Grocery & Organic Café** (1050 40th St., ☎ 510-653-6510).

Berkeley

Michael's American Vegetarian Diner (2650 Telegraph Ave., ☎ 510-548-0600) on Telegraph Avenue claims that it's America's first vegetarian diner. Who can argue? Classics such as Philly cheese steaks, fried chicken, burgers and onion rings are all served here, vegetarian-style. The whole she-bang comes complete with an old-fashioned jukebox and plenty of counter space. A favorite among UC Berkeley students seeking a bargain, **Long Life Veggie House** (2129 University St., ☎ 510-845-6072) provides both that and good Chinese eats. Wheat-meat dishes such as an authentic kung pao chicken and a Hunan beef come pretty close to the real thing. Chinese lanterns and classical Chinese music give the place a true Chinatown feel.

Beyond East Bay

Just north of Berkeley, **Ambrosia Garden** (843 San Pablo Ave., Albany, ☎ 510-528-5388) serves a unique brand of meatless Taiwanese cuisine. Toying with sweet and sour flavors, Ambrosia Garden's cooks create unusual herb soups and honeyed fake-seafood dishes. Emeryville's commuters stop at **Julie's Healthy Café** (5857B

Christie Ave., Emeryville, ☎ 510-652-9269) for light breakfasts. Recommended is the healthy start – a tortilla stuffed with tomatoes, eggplant, mushrooms, bell peppers, potato and egg.

The Peninsula

The new age has arrived at **Joy Meadow** (701 El Camino Real, Redwood City, ☎ 650-780-9978) with its garden setting of indoor tropical plants, pools and waterfalls. It's the perfect environment for earthy specials such as the Zen banquet with mashed potatoes and a vegetarian stuffing.

San Jose & Environs

White Lotus (80 N. Market St., ☎ 408-977-0540) is a long-time vegan stronghold in downtown San Jose. Also downtown, the **International Vegetarian House** (520 E. Santa Clara St., ☎ 408-292-3798) serves traditional Chinese Buddhist mock-meat dishes alongside an assortment of international entrées.

South of San Jose, tucked away in a strip mall, **Tasty Vegetarian Cuisine** (2455 S. Winchester Blvd., Campbell, ☎ 408-374-9791) offers all-vegan Chinese and Taiwanese dishes. Another faux-meat restaurant in the area is Hong Kong-influenced **Lu Lai Garden** (210 Barber Court, Milpitas, ☎ 408-526-9888).

SF Bay Area Natural Foods Markets

Abir's Natural Foods
1306 Fulton St., San Francisco
☎ 415-488-4648

Berkeley Natural Grocery Company
1336 Gilman St., Berkeley
☎ 510-526-2456

Earthbeam Natural Foods
1399 Broadway St., Burlingame
☎ 650-347-2058

El Cerrito Natural Grocery Company
10367 San Pablo Ave., El Cerrito
☎ 510-526-1155

Food Mill
3033 MacArthur Blvd., Oakland
☎ 510-482-3848

Golden Carrot Natural Foods
1621 W. Imola Ave., Napa
☎ 707-224-3117

Good Earth Natural Foods
123 Bolinas Rd., Fairfax
☎ 415-454-0123

Good Life Grocery
1524 20th St., San Francisco
☎ 415-282-9204

Mother's Organics
Serving Marin County (delivery)
☎ 415-454-2071

OrganiCity
2047 Fillmore St., San Francisco
☎ 415-922-3811

Other Avenues Grocery
3930 Judah St., San Francisco
☎ 415-661-7475

Rainbow Grocery & General Store
1745 Folsom St., San Francisco
☎ 415-863-0620

The Real Food Company
200 Caledonia St., Sausalito
☎ 415-332-9640

Super Natural Foods
147 Corte Madera, Corte Madera
☎ 415-924-7777

Whole Foods Market
3000 Telegraph Ave., Berkeley
☎ 510-649-1333

Whole Foods Market
1690 S. Bascom Ave., Campbell
☎ 408-371-5000

Whole Foods Market
20830 Stevens Creek Blvd., Cupertino
☎ 408-257-7000

Whole Foods Market
15980 Los Gatos Blvd., Los Gatos
☎ 408-358-4434

Whole Foods Market
414 Miller Ave., Mill Valley
☎ 415-381-1200

Whole Foods Market
774 Emerson St., Palo Alto
☎ 605-326-8676

Whole Foods Market
1765 California St., San Francisco
☎ 415-674-0500

Whole Foods Market
340 3rd St., San Rafael
☎ 415-451-6333

Wild Oats Market
1581 University Ave., Berkeley
☎ 510-549-1714

Wild Oats Market
222 Greenfield Ave., San Anselmo
☎ 415-258-0660

San Luis Obispo

On a foggy piece of coastline too far north of LA to be caught in its suburban sprawl and too far south of the Silicon Valley to be invaded by Internet execs, San Luis Obispo is a wonderful hideaway with a college-town atmosphere.

Recommended restaurants in town include **Jewel Of India Restaurant** (2115 Broad St., ☎ 805-543-3558) and **Santa Veggie Chinese Kitchen** (685 Higuera St., ☎ 805-546-9700). For fresh fruit treats, **Blazing Blenders Juice Bar** (1108 Broad St., ☎ 805-546-8122) fights off the Jamba Juice chain.

Organic produce many be found at **New Frontiers Natural Foods** (896 Foothill Blvd. # 896C, ☎ 805-785-0194) or **Questa Co-op Natural Foods** (745 Francis St., ☎ 805-544-7928).

Santa Barbara

A good hour-and-a-half north of LA, Santa Barbara is a great escape for Angelenos seeking a small-town vibe. Santa Barbara's small walkable downtown has a strip of boutiques, bookstores, restaurants and cafés, as well as a couple of historic missions.

Just off of State Street, Santa Barbara's main thoroughfare, **Sojourner Café** (134 E. Canon Perdido St., ☎ 805-965-7922) serves very original homestyle lunches and dinners. The relaxed atmosphere is perfect for noshing over a bowl of the "cool and spicy V-9 gazpacho" or an enormous plate of Mediterranean torta salad. Next door, **Main Squeeze Café** (138 E. Canon Perdido St., ☎ 805-966-5365) is a casual juice bar/café specializing in non-dairy smoothies and quick lunch fare.

The fitness crowd stops in at **Natural Café** (508 State St., ☎ 805-962-9494) for inexpensive and healthy food. The menu features homemade soups, fresh salads, large sandwiches, and a couple of vegetarian entrées. A full juice bar features wheatgrass and other beneficial herbs and additives. The sunny patio is the perfect place to kick up your feet and enjoy the State Street scene.

Neighboring Goleta has a branch of **Good Earth Restaurant** (5955 Calle Real, ☎ 805-683-6101), the popular chain of health-oriented breakfast joints.

Natural food stores in Santa Barbara include **Montecito Natural Foods** (1014 Coast Village Rd. #B, ☎ 805-969-1411) and **Wild Oats Market** (19 S. Milpas St., ☎ 805-966-2251).

Santa Cruz

It's amazing that with the wealthy Silicon Valley mushrooming to the north and the ostentatiously rich Monterey to the south, Santa Cruz has remained its eternally mellow, not-quite-developed self. Although rapid growth has certainly begun, Santa Cruz remains the most Californian of the state's many small beach towns. Anything goes here in Santa Cruz: tie-dyed, long-skirted hippies wave sticks of sage on downtown Pacific Avenue, black-suited surfers jump off 30-foot cliffs into freezing, shark-infested waters, and bathers bare all on its countless hidden nude beaches.

Although it's tough to document, Santa Cruz may have invented California's vegetarian cuisine. Cooperatives and natural food stores have existed here for decades. There isn't a single restaurant in the town that can't cater to a non-meat diet (although

the seafood joints on the wharf aren't very veggie-friendly). It's just a matter of picking out your favorites.

Downtown

Downtown's Pacific Garden Mall was decimated during the 1989 Loma Prieta earthquake, leaving the city with a huge redevelopment task. After 10 years of work, the renovation is almost entirely complete and, fortunately, the mall has retained its outdoorsy, funky feeling. The new **farmers' market** is a large reason for this. Organic farmers, street musicians playing Bolivian pipes, and politicos gather on Wednesday evenings on Cedar Street to sell their goods and ideas. Be sure to check out the organic produce stand run by a nonprofit group that supports the homeless. For more market listings in this area, see *Farmers' Markets* at the end of this guide.

Veggie-friendly establishments on this strip are many. A favorite for a quick bite is **Planet Fresh Burritos** (1003 Cedar St., ☎ 831-423-9799). Their all-vegan wraps are packed with grilled zucchini, broccoli, green and red peppers, onions and carrots. A listing of the protein, carbohydrate and fat content for all menu items is posted for those sticking to the Zone or Atkins diet. Another low-fat favorite, **Pizza My Heart** (1116 Pacific Ave., Unit B, ☎ 831-426-2511), lists their vegetarian pies in green on their main board.

Mornings on Front Street, the smell of blueberry coffeecake fills the ocean air. A branch of the Northern California breakfast chain, **Hobee's** (740 Front St. #100, ☎ 831-458-1212), is located in an odd circular building. It serves its famed coffeecake alongside fresh vegetable omelettes and scrambles. The best lemon poppy-seed muffins on the planet are produced at **Rebecca's Mighty Muffins** (514 Front St., Unit A, ☎ 831-429-1940). Don't take my word for it though – try them yourself.

A refreshing change from the standard Santa Cruz low-budget fare can be found at **Gabriella Café** (910 Cedar St., ☎ 831-457-1677). The intimate, candlelit setting is perfect for a dinner for two. Although free-range beef and chicken dishes dominate the menu, a couple of vegetarian items are always available on the ever-changing menu. Entrées such as the pumpkin ravioli with brown butter and sage are sure palate teasers. To help promote local, organic farmers, the restaurant provides a listing of the farms where the restaurant purchases its produce.

No culinary trip to Santa Cruz is complete without a trip to **India Joze** featured below. For less Americanized Indian food, try **Royal Taj** (270 Soquel Ave., ☎ 831-427-2400). The run-down building masks an elegant interior and a menu with a respectable list of vegetarian entrées.

For natural foods downtown, **New Leaf Community Market** (1134 Pacific Ave., ☎ 831-425-1793) was fortunate to have received prime real estate in the Santa Cruz redevelopment project. The store is located in a gorgeous building along Pacific Avenue.

A number of non-food-related businesses in the downtown neighborhood are worth mentioning. **Eco-Goods** (1130 Pacific Ave., ☎ 831-429-5758) carries environmentally friendly supplies like non-toxic household cleaners and hemp clothing. The **Tea House Spa** (112 Elm St., ☎ 426-9700) is an excellent place to visit for some R&R. Tea is served as you wait for a turn in one of the natural wood private spas centered around a bamboo garden. The facilities are open until midnight, perfect for a couple returning late from a hiking or cycling trip in the redwoods. Professional massage, facials and scrubs are also available.

INDIA JOZE, 1001 Center St., Santa Cruz, ☎ 831-427-3554. Price: $$-$$$. Eurasian, vegan options. Open for lunch, Monday through Saturday, 11:30am-2:30pm; dinner, Sunday through Thursday, 5:30pm-9:30pm and Friday and Saturday, 5:30pm-10pm; and Sunday brunch, 10am-2:30pm.

Long before Indian and Thai restaurants began popping up in unlikely Midwestern towns, India Joze was pioneering the Americanized versions of these cuisines. Pad Thai and vindaloo were big hits when India Joze opened in 1972, and Northern California's ethnic food scene quickly altered the image of bland granola and bulghur wheat that most people shared about vegetarian dishes. The entrées here are still some of the best I've tasted, and although the deécor could use an upgrade, this is definitely a "don't miss."

The most important decision you'll make on your visit to India Joze comes when the server asks "How spicy?" Options range from mild to raging inferno. Before your endorphins advise you to choose the latter, keep in mind that even India Joze's medium is too hot for most palates. The house's Thai chilies are not to be messed with.

Start your meal with an order of vegan samosas – potato and vegetable dumplings served with a cucumber yogurt and fruit chutney. For an Indian entrée, the mushroom vindaloo features simple button mushrooms in a tamarind, ginger, garlic and cinnamon curry. The kaend kari phet Thai specialty combines all the rage in Southeast Asian flavors: tofu pieces rest in a spicy coconut milk green curry with lemon grass and mint leaves. A peanut sauce is served on the side for good measure. For diet-conscious diners, low-fat and vegan items are conveniently marked on the menu.

East Side

Beach bums, blue-collar workers and semi-employed surfers inhabit Santa Cruz's East Side. Here you'll find both **Dharma's** and **Blacks Beach Café**, two eateries reviewed below. Away from the beach on Water Street is **Café Del Sol** (1305 Water St., ☎ 831-423-8041), a vegan's haven with a small sit-down space attached to **Staff Of Life** (☎ 831-423-8147) natural food store. Smoothies, sandwiches and salads are standard fare. The salad bar lists the ingredients of all dressings, whether on not they are vegan, as well as whether the produce came from a conventional or an organic source. Hot entrées such as a vegan succotash are also offered. Don't miss the vegan bakery items. The tofu fruit pie with olalaberries is tart and velvety without a hint that it's missing the dairy products. Next door, the Staff Of Life has a good selection of organic groceries, ethnic foods, and vitamins. Bring containers for good deals on oils, tamari and body lotions sold by the ounce.

DHARMA'S, 4250 Capitola Rd., Capitola, ☎ 831-462-1717. Price: $-$$. 100% meatless, vegan options. Hours: Open daily, 8am-9pm.

Dharma's is Luby's, Santa Cruz-style. The natural foods restaurant serves enormous portions of health food cafeteria-style. Step up, order, then wait for your name to be called over the crackling speaker system. In typical Santa Cruz fashion, conservation is mission-critical. Recycling bins, take-out containers and bags are placed in open sight so that guests can help out the environment.

Regulars recommend the soup, salad and rice special for a bargain. The Brahma Burger is also a favorite – a vegetarian burger made with soy, grains and added protein is served with lettuce, tomato, onions and optional melted cheese. A heart-healthy alternative is the vegetable turnover – sautéed broccoli, cauliflower, carrots and peppers are stuffed into a whole-wheat pastry and smothered with a cashew mushroom gravy. It's served with a salad and vinaigrette dressing.

If your dish seems a little bland, head to the spice bar for curries, cayenne, tamari and other flavorful additions.

BLACKS BEACH CAFE, 2-1490 E. Cliff Dr., Santa Cruz, ☎ 831-475-2233. Price: $$-$$$. New American. Open for brunch, Saturday and Sunday, 9am-2pm; and for dinner, Tuesday through Sunday, 5pm-9pm.

Although the industrial lighting doesn't quite work with the country-style beamed ceilings, locals seeking a glimpse of San Francisco's vaunted upscale vegetarian restaurants are happy enough with Blacks Beach's trying-to-be-hip atmosphere. This is, after all, a beach café and anything other than surf and turf is a welcome respite.

Well-presented starters include the hearts of romaine and roasted garlic salad served with a velvety Gorgonzola dressing and the pine-nut-crusted whole baked portobello topped with Seastar goat cheese, resting in a tomato coulis. "User-friendly" is a good way to describe BBC's signature dishes. Most entrées come with several options, including all-vegetable, tofu, portobello mushroom, seafood or other meats. For an entrée, I chose from their fall menu the Organic Farmers' Market roasted potato and root vegetable medley with the portobello mushroom option. Earthy, underused vegetables such as yams, beets, sweet potatoes and bok choy reminded me that there is more to California cuisine than fluffy artichoke hearts and sun-dried tomatoes. The medley was an excellent and unusual dish. On the flip-side, the BBC potato ravioli with pumpkin broth, chard and Parmesan cheese was understated. The pumpkin broth could have benefited from more substance. BBC's wine list is comprised of local vintages from the nearby Santa Cruz Mountains. The simple and drinkable Bargetto Winery 1997 Dolcetto was light enough to keep my attention focused on BBC's mellow sauces.

Dessert always includes both a fresh fruit and a chocolate option. Featured on my visit were plums in a chocolate sauce with vanilla ice cream, and Asian pears in an orange sauce.

LINDA'S SEABREEZE CAFE, 542 Seabright Ave., Santa Cruz, 95062, ☎ 831-427-9713. Price: $. American breakfasts. Open Monday through Saturday, 6am-2pm; Sunday, 7am-1pm.

Weekend mornings at Linda's may have surpassed church as Santa Cruz's most popular Sunday morning event. Customers don't mind sipping free coffee, reading the *Santa Cruz Sentinel* and chatting with neighbors while waiting an hour on Linda's cozy porch for their names to make it to the top of the list. Once inside, regulars are greeted by name by an all-knowing waitstaff who lead them into Linda's tight but friendly quarters.

Alongside traditional meat and eggs dishes, vegetarians will find four different no-meat scrambles with a choice of either tofu or eggs. The Greek scramble is made with spinach, tomatoes, black olives and feta cheese with hearty home potatoes and a

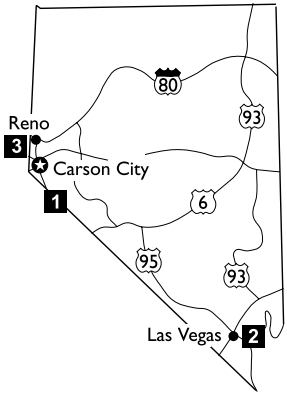
homemade muffin served on the side. Vegans can order the tofu fun – tofu sautéed with mushrooms, green onions, tomatoes and salsa with the aforementioned potatoes and muffin served on the side. Vegans: be sure to request no butter. Check Linda's ample special board for creative surprises. On my visit, the huevos Yucatán were outstanding – two eggs with black beans, avocado slices and sour cream on top of a blue-corn tortilla and smothered with a green Ortega chile sauce. It's served with a sweet fried banana and Linda's signature potatoes.

Children are welcomed with open arms at Linda's. A whole box of crayons and plenty of paper are available for the under-12 crowd. There's also the Mickey Mouse pancakes – a big-eared pancake with a watermelon smile and plenty of sticky maple syrup.

West Side

In the foothills, the University of California at Santa Cruz dominates the mellow West Side scene. Local surfers Darryl and Darryl highly recommend **Falafel Of Santa Cruz** (1501 Mission St., ☎ 831-459-0486) along the Highway 1 strip. Huge falafel sandwiches send them into an after-surfing feeding frenzy. **Emily's** (1129 Mission St., ☎ 831-429-9866) bakery serves fresh bread, pastries and coffee to locals, but is known nationally for their vegan cookies. Across the street from Emily's is **The Food Bin** (1130 Mission St. ☎ 831-423-5526), a smallish organic produce shop.

Nevada



1. Edible Earth
2. Wild Oats Community Market; Shalimar
3. Blue Heron; Deux Gros Nez; Palais de Jade; Café de Thai; Washoe Zepher Co-op

Nevada is best known for its gambling destinations: the glitzy, electric hotels and casinos of Las Vegas and Reno. Outside the two bright cities, the giant expanse of the Great Basin Desert opens up into a virtually uninhabited wasteland.

Healthy food options are hard to come by in the state, and there aren't many farms in the desert.

Gardnerville

Travelers making their way up or down Highway 395 to various ski resorts can grab a quick bite at the **Edible Earth** (1483 Hwy. 395, ☎ 702-782-2735), a casual, natural foods café located alongside the freeway.

Las Vegas

Depending on your perspective, Las Vegas is either man's greatest achievement or its biggest debacle. Some of the world's grandest architectural feats are displayed in the city, including 17 of the world's 20 highest-capacity hotels. The costs of these buildings are staggering; the owner of the recently constructed Bellagio spent well over $1.6 billion. On the other hand, Las Vegas is one of the world's biggest ecological disasters. When its water supply was reduced to a trickle in the 1930s, the Hoover Dam was constructed to provide water for the city. The once raging Colorado River, which used to dispense millions of gallons of water into the Sea of Cortez, now dispenses only mud, laying barren the farmlands in Mexico and California's Imperial Valley. Even with the enormous resources of one of the nation's largest rivers, the city may run out of water sometime between 2006 and 2014.

Las Vegas isn't known for its self-control and this extends to its eating habits. It's hard to escape the copious amounts of red meat shipped into the city's hotel buffets and restaurants. Vegetarians can pick through inexpensive hotel buffets or head to one of the two **Wild Oats Community Markets** (6720 W. Sahara Rd., ☎ 702-253-7050; and 3455 E. Flamingo Rd., ☎ 702-434-8115). Another possibility is **Shalimar** (3900 Paradise, ☎ 702-796-0302), an Indian restaurant open for dinner only.

What A Circus!

If you have $100 to blow in Las Vegas, there's no better way to spend it then at the Bellagio's Cirque du Soleil performance. When the Bellagio's 1,800-seat theater opened with the world premier of Cirque du Soleil's "O," they raised entertainment in Las Vegas to a new level. The Montreal-based Cirque du Soleil has been promoting its highly acrobatic, artistic, animal-free circuses for the last decade, outdoing other animal-exploitative circuses in the process. At the Bellagio, 68 Olympic-level swimmers and divers perform high-flying stunts above and inside a million-gallon tank set on the Bellagio stage. It may be excessive, but it's hard to deny the magic and artistry.

Reno

Reno is almost proud to play second fiddle to its excessive cousin to the south. By not re-creating itself every decade with brand new hotels, Reno has been able to hold onto its title as the "biggest little city in the world." With Yosemite National Park and over a dozen nearby ski resorts, there's more to do in Reno than gamble. Residents spend more of their time mountain biking and skiing then yanking on the one-armed-bandit.

Since Reno's restaurants are generally subsidized by their casinos, food in the city is incredibly inexpensive. Locals claim the best buffets are at **Atlantis**, **John Ascuaga's Nugget** and the **Reno Hilton**. Vegetarians will have to pick through to find non-meat dishes, and you won't find anyone who knows much about buffet ingredients.

Fortunately, there are plenty of other options away from the casinos. The **Blue Heron** (1091 S. Virginia St., ☎ 702-786-4110) was the only all-vegetarian restaurant I could find in Nevada. They're known best for their healthy breakfasts, such as the tofu scrambler. Lunch and light dinner options include tempeh and garden burgers, falafel, soups and salads. The restaurant also features a daily macrobiotic meal.

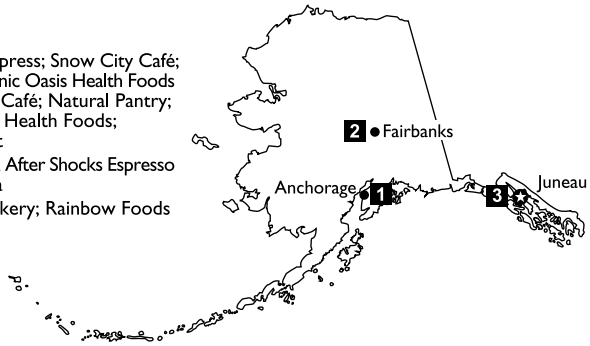
With so many veggie restaurants disappearing into the desert, it's good to see the 1960s-style **Deux Gros Nez** (249 California St., ☎ 202-786-9400) café still around. The almost-always-open eatery serves an assortment of focaccias, quiches, soups and salads as well as larger rice and noodle entrées. Everything comes at extremely low Reno prices. In case you were wondering, the restaurant's name means "two big noses."

Ethnic restaurants in town include **Palais de Jade** (960 W. Moana St., ☎ 702-827-5233), well-known for upscale Chinese, and **Café de Thai** (3314 S. McCarran Ave., ☎ 702-829-8424), recommended for its spicy curries and a good pad Thai. Natural and bulk foods can be gathered in town at the **Washoe Zepher Co-op** (314 Broadway St., ☎ 702-323-0391).

Alaska & Hawaii

Alaska

1. Middleway Café; Enzyme Express; Snow City Café; Adventures & Delights; Organic Oasis Health Foods & Juice Bar; Marx Brothers Café; Natural Pantry; Anna's Health Foods; Roy's Health Foods; Anchorage Saturday Market
2. Whole Earth Grocery & Deli; After Shocks Espresso Bar; Thai House; Pasta Bella
3. Fiddlehead Restaurant & Bakery; Rainbow Foods



The land of the midnight sun could just as easily be called the land of the noon moon. Although the scenery is beautiful in America's largest and northernmost state, it comes at a high price. The winters are long and hard up here; extremely cold weather lasts for nine months. Despite the hardships, Alaskans are an optimistic bunch, and the 21-hour-long summer days do seem to make up for the demoralizing winters.

Long winters make for short growing seasons. Fresh produce appears in late August and lasts only about two weeks past the Labor Day weekend. The rest of the year, locals rely on "cannery-fresh" foods, a term that could only be coined by a forward-looking Alaskan. A few farmers' markets do operate in the state, although they are open only during the summer months.

The tourist industry is booming in Alaska and a large number of restaurants are set-up to cater to the boatloads of travelers that pour in during the summer months. Anchorage has an established culinary scene, and Alaska's other major towns also have a number of notable stopovers.

On the Side

A comprehensive list of Alaskan eateries can be found online at www.akdining.com.

Anchorage

Referred to locally as the "Alaskan Apple," Alaskans have a love/hate relationship with their only major city. For the frontiersmen living in the "bush," Anchorage represents everything that they've escaped from: air pollution, urban sprawl and traffic jams. On the other hand, the city's residents themselves hold an inspired awe of their city – its beautiful vistas and surprisingly advanced arts and culinary scenes engendering a fierce local pride.

Vegetarians visiting Anchorage will be pleased at the city's offerings, especially for lunchtime fare. **Middleway Café** (1200 W. Northern Lights Blvd., ☎ 907-272-6433), located right next to REI outfitters, is an excellent source for inexpensive sandwiches and baked goods. **Enzyme Express** (1330 E. Huffman Rd., ☎ 907-345-1330) is a raw organic juice bar serving juices and deli items to go. Stop by in the wintertime for a rich assortment of herbal teas and cold-fighting remedies. **Snow City Café** (1034 W. 4th Ave., ☎ 907-272-2489) also serves light fare, including gourmet sandwiches, fresh soups and pasta. For breakfast, come in and enjoy their cereal bar.

A couple of other small places are also worthy of mention. **Adventures & Delights** (414 K St., ☎ 907-276-8282) doubles as a coffee shop and bookstore, with a large selection of travel guides. This is a great place to sign up for adventure trips into Denali National Park. A fellow from Orange County, California, recently opened **Organic Oasis Health Foods & Juice Bar** (2610 Spenard Rd., ☎ 907-277-7882), featuring a bakery, natural food store, and smoothie bar.

Reservations are essential at the **Marx Brothers Café** (627 W. 3rd Ave., ☎ 907-278-2133), one of Anchorage's essential upscale dining experiences. Seafood is the specialty, but there's always at least one vegetarian entrée on the menu, such as the penne pasta with sautéed chanterelle mushrooms.

Natural food stores are also easy to find in Anchorage. **Natural Pantry** (601 E. Dimond Blvd., ☎ 907-522-4330) is the largest, with a vast selection of organic produce and a good-sized deli. A daily vegetarian entrée is always available for take-home. The store also takes "Bush Orders" for those who need a delivery to the backcountry. Other options are **Anna's Health Foods** (1403 Hyder St., ☎ 907-277-2662), which is owned by a certified nutritionist, and **Roy's Health Foods** (501 E. Northern Lights, ☎ 907-277-3226).

The month of August is the best time to visit the **Anchorage Saturday Market** (3rd Ave. and E St., ☎ 800-770-2227), which is held from 10am to 6pm every Saturday. Fresh organic produce from the fertile Matanuska Valley near Juneau is brought in by the truckload. For more market listings in the area, see *Farmers' Markets* at the end of this guide.

Fairbanks

Fairbanks may just be the last American frontier town. Things are wild and woolly in the most populated town this close to the Arctic Circle. For natives sloshing in from Alaska's outer regions in June, Fairbanks is the first view of civilization they've seen since September. Fairbanks also has some of the most dramatic temperature fluctua-

tions on earth, with temperatures ranging from -66°F in the dead of winter to 99°F in summer.

The best place to go for health food in Fairbanks is **Whole Earth Grocery & Deli** (1157 Deborah St., ☎ 907-479-2052) on Campus Corner at the University of Alaska at Fairbanks. The grocery is by far the largest in town, and the deli serves a number of vegetarian treats including falafel sandwiches, tempeh Reubens and veggie burgers. There is also a well-stocked salad bar. Another find is **After Shocks Espresso Bar** (1019 College Rd., ☎ 907-451-7176) whose back porch looks out onto the Creamers Field Migratory Waterfowl Refuge (cranes migrate here by the thousands). Soups, sandwiches and daily lunch specials round out the café fare. Other options in town are **Thai House** (526 5th Ave., ☎ 907-452-6123) that boasts it's the closest Thai restaurant to the North Pole, and **Pasta Bella** (706 2nd Ave., ☎ 907-456-3417), which has a good reputation around town for gourmet pizzas and fresh pastas.

Juneau

No roads lead into or out of Juneau. Surrounded by the Gastineau Channel, Mt. Juneau and the mouth of Gold Creek, Juneau is America's most isolated capital. Scenery is front-and-center here, with huge glaciers such as the Juneau icefield that ends abruptly at a condominium complex.

Travelers lucky enough to find themselves in this neck of the woods should pay a visit to **Fiddlehead Restaurant & Bakery** (429 W. Willoughby Ave., ☎ 907-586-3150). Providing natural foods at their best, the Fiddlehead serves international specialties with a local twist. The restaurant works to incorporate native plants into their dishes creating some unique and complex entrées.

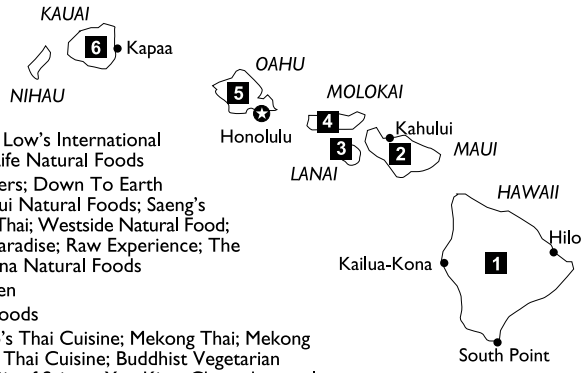
Juneau's only natural foods grocery is **Rainbow Foods** (200 Seward Ave., ☎ 907-586-6476).

Hawaii

Hawaii is a vacationer's paradise. The five major islands that make up the archipelago each have their own distinct character: Oahu is known for its parties, food and surfing; Maui for its beaches; the "Big Island" of Hawaii for its extremes; Kauai for its greenery; and Molokai for its slow, relaxed pace.

All the islands are a vegetarian's delight. Exotic fruits and vegetables are available everywhere at rock-bottom prices. What's more, fruit trees growing on public lands are considered public property. Bring a basket and collect as many as you want. It's fun and it's free! (Guavas are so abundant in the wild that they are considered a pest. Take them; the locals will be glad to be rid of them.)

The food scene on the islands reflects its location in the Pacific. Thai, Vietnamese, Japanese, Chinese and native Hawaiian cuisines are all heavily represented on the islands. Before Europeans discovered Hawaii in the late 1700s, the islanders were primarily vegetarians, living off native fruits, tubers such as the taro root, and edible sea plants. Tropical fruits and vegetables are readily available at all local markets; you'll find bananas, avocados, coconuts, breadfruit, mangoes, papaya, passion fruit, guavas, macadamia nuts and litchi (a small fruit with a thin red shell).



1. Broke The Mouth; Low's International Foods; Abundant Life Natural Foods
2. Maui Coffee Roasters; Down To Earth Natural Foods; Maui Natural Foods; Saeng's Thai Cuisine; Siam Thai; Westside Natural Food; Cheeseburger In Paradise; Raw Experience; The Vegan; Picnic's; Mana Natural Foods
3. Pele's Other Garden
4. Outpost Natural Foods
5. HONOLULU: Keo's Thai Cuisine; Mekong Thai; Mekong Thai II; Chiang Mai Thai Cuisine; Buddhist Vegetarian Restaurant; Little Bit of Saigon; Yen King; Cheeseburger In Paradise; Mocha Java Café; International Society For Krishna Consciousness; Down To Earth Natural Food Store & Deli; Kokua Co-op; Aloha Health Foods; Ruffage Natural Foods; The Source
   NORTH SHORE: Café Haleiwa; Celestial Natural Foods
6. King & I; Papaya's Natural Food Café; Ambrose's Kapuna Natural Foods; Hanalei Health & Natural Foods

Hawaii, "The Big Island"

The Big Island is a land of extremes: there are alpine meadows, lava flows, steaming craters, and both black and white sand beaches. Athletes come to the Big Island to test their mettle; the famous Ironman Triathlon is held here every October. Sightseers head for Volcanoes National Park where a huge lava flow slides steaming into the sea. Others come to challenge the elements at the peak of Mauna Kea Mountain. From its base at 18,000 feet under the sea to its summit at 13,796 feet, Mauna Kea has the largest elevation gain of any mountain in the world.

Although most tourists settle in the dry, western side of the island at Kona-Kailua, another city, Hilo, located on the east side of the island, has the most varied dining options. **Broke The Mouth** (55 Mamo St., Hilo, ☎ 808-934-7670) is an all-natural vegetarian restaurant serving Hawaiian salads with locally grown taro root, sweet potato, and green onion with gado-gado sauce. It's easy to miss the dilapidated gray and white building, but don't miss the food. Also unique to Hilo is **Low's International Food** (222 Kilauea Ave., Hilo, ☎ 808-969-6652), a bakery that ships exotic breads worldwide. Pick up loaves made from taro, coconut, passion fruit and guava.

The island's largest natural food store is **Abundant Life Natural Foods** (292 Kamehameha Ave., ☎ 808-935-7411), also located in downtown Hilo. You'll find fresh, locally grown fruits and vegetables and bulk items alongside a deli serving daily

specials of soups, salads, sandwiches and bento boxes. In addition, there's a **farmers' market** along Kamehameha Avenue held on Wednesday and Saturday mornings.

Kauai

The oldest, greenest and most relaxed of the Hawaiian islands, tourists come to Kauai to hike through the rain forests near Mt. Waialeale, renowned as the wettest place on earth. The northwest coast also offers excellent hiking opportunities along the Na Pali cliffs. Campsites dot the entire outline of the island, making Kauai an great place for "roughing it."

Regarded as one of Kauai's best restaurants, the **King & I** (4-901 Kuhio Hwy., Kapaa, ☎ 808-822-1642) serves Hawaiianized Thai food with an extensive list of vegetarian entrées. Choose your spiciness factor carefully. The restaurant is located in the Waipouli town center, seven miles north of Lihue, Kauai's largest town.

Next to the King and I, **Papaya's Natural Food Café** (4-831 Kuhio Hwy., Kapaa, ☎ 808-823-0190) is Kauai's largest natural foods store. Pick up organic fruits and vegetables, whole-grain breads, and salads and entrées sold by the pound. Other natural foods stores located on the island are **Ambrose's Kapuna Natural Foods** (770 Kuhio Hwy., Kapaa, ☎ 808-822-7112) on the west shore and **Hanalei Health & Natural Foods** (Hanalei, ☎ 808-826-6990) on the north shore.

Kauai's **Sunshine Farmers' Market** isn't so much a farmers' market as a place for the locals to give each other unwanted fruits and vegetables. Every day the market is held in a different location, and places change as often as the weather. Phone ☎ 808-245-3213 for information. For more of a sure thing, try the **Hawaiian Farmers of Hanalei Farmers' Market** held every Tuesday from 3pm to 5pm, a half-mile west of Hanalei in Waipa on the road to Haena.

Lanai

Once a pineapple plantation, Lanai is gaining a reputation as a luxury resort town. Try **Pele's Other Garden** (811 Houston St., Lanai City, ☎ 808-565-9628) for a selection of veggie salads and sandwiches.

Maui

Hawaii's second-most-visited island, Maui has much to lure the visitor. With more swimmable beaches than any other island, Maui is great for playing in the water, snorkeling, or just lounging on the beach. As home to the world's largest dormant volcano, Haleakala, Maui is also a great place to pilgrimage to the heights. Locals in the know take a shuttle to the top and then mountain bike down. On Maui's less touristed east side are a number of funky artist's destinations including hippie-ish Paia and Hana.

The bustling airport in Kahului will most likely be your first stop on Maui. If you're looking for a quick bite after a long flight, try **Maui Coffee Roasters** (444 Hana

Hwy., #B, ☎ 808-877-2877) where you'll find veggie burgers and other coffeehouse treats. To pick up groceries for your trip, **Down To Earth Natural Foods** (305 Dairy Rd., ☎ 808-877-2661) is a large health food store with a deli counter, salad bar and bakery. **Maui Natural Foods** (70 E. Kaahumanu Ave., Unit C8, ☎ 808-877-3018) in the Maui Mall has a fair selection.

Adjacent to Kahului, the historic town of Wailuku has weathered its share of storms. A couple of Thai restaurants in town are recommended. **Saeng's Thai Cuisine** (2119 Vineyard St., ☎ 808-244-1567) has a pleasant backyard garden setting with a small waterfall. Try the evil prince tofu or the green papaya salad. Also in town is **Siam Thai** (123 N. Market St., ☎ 808-244-3817), which emphasizes its vegetarian menu.

Maui's west coast is full of resorts catering to the beach-bound crowd. Lahaina is buzzing with tourist shops, bars and restaurants. **Westside Natural Food** (193 Lahainaluna Rd., ☎ 808-667-2855) is the local health food store with a deli-case full of prepared vegetarian items. In the thick of the action, **Cheeseburger In Paradise** (811 Front St., Lahaina, ☎ 808-661-4855) offers veggie burgers alongside traditional hamburgers. It's a great place to watch sunsets.

Just west of Kahului, Paia's assortment of windsurfers, hippies and locals gives the town an international feel. It is also the most veggie-friendly on the islands. **Raw Experience** (42 Baldwin Ave., ☎ 808-579-9729) is on the forefront of vegan eating with their philosophy of eating organic fruits and vegetables uncooked in order to obtain the maximum amount of vitamins and minerals from these foods. (Raw Experience also owns a restaurant in San Francisco.) Another Paia restaurant on the cutting edge is **The Vegan** (115 Baldwin Ave., ☎ 808-579-9144), a small café serving grilled polenta, hummus salad and veggie lasagna. Check out their great bulletin board for local events. A Paia novelty is **Picnic's** (30 Baldwin Rd., ☎ 808-579-8021). The deli will pack a picnic lunch for you at a certain set price per person. Choose from vegetarian items such as spinach nut and tofu burgers. It's the perfect place to stop if you're planning to head down the infamous windy road to Hana. Paia also has the best-stocked health food store in Maui: check out **Mana Natural Foods** (49 Baldwin Ave., ☎ 808-579-8078) for organic produce and grains and a good-sized salad bar.

Molokai

The most traditional of the islands, Molokai is perfect for getting away from it all. It also has the world's highest sea cliffs, maxing out at 3,300 feet. Pick up supplies for Molokai's many hiking opportunities at **Outpost Natural Foods** (70 Makaena Pl., ☎ 808-553-3377) in Kuanakakai. A deli is open for lunch only and features fresh juices, veggie and tempeh burgers, sandwiches and burritos.

Oahu

Hawaii's most developed island, Oahu, is the land of the luau, a place where urban visitors can relax, be entertained and feel that they've arrived somewhere both exotic and simple. The buzz of tourists on Oahu is unmistakable, especially along the streets of Honolulu, the Waikiki beachfront, and at historic Pearl Harbor. Oahu is also

famous for its surf spots; mellow Waikiki has one of the best beginner's waves in the world, while the challenging North Shore pumps out 25-foot curls at the Banzai Pipeline and Waimea Bay.

Honolulu

The glass and steel office buildings of Honolulu remind you that there's still business to be done in this city by the sea. Understandably though, businesspeople say that it's hard to don that coat and tie in a town with this much distraction.

The Asian influence on Hawaii is best exemplified by its myriad Pacific Rim restaurants. Thai is perhaps the best represented; the elegant **Keo's Thai Cuisine** (Ambassador Hotel, 2040 Kuhio Ave., ☎ 808-943-1444; and 1200 Ala Moana Blvd., ☎ 808-596-0020), is located amid a jungle of orchids in a Waikiki hotel. The second, and original, location along touristy Ala Moana Boulevard, is romantically decorated in a tropical theme. The food at both locations is first-rate and highly recommended. Dress is casual. Cheaper, though less romantic, **Mekong Thai** (1295 S. Beretania St., ☎ 808-591-8842) and **Mekong Thai II** (1726 S. King St., ☎ 808-941-6184) are run by the same folks who own Keo's. Rumor is that the food is just as good. Both are located in Honolulu's Midtown district. Another notable in the Midtown area is the recently remodeled **Chiang Mai Thai Cuisine** (2239 S. King St., ☎ 808-941-1151). Chiang Mai's entrées are authentic, tasty and fiery hot.

Honolulu boasts one of the last true Chinatowns, not the gentrified city subdivisions found in many East Coast cities. Busy, bustling, and authentically Chinese, the area's markets and herbologists are great to visit during the day. Unfortunately, the area has a crime problem, so it's best to stay off the streets at night. In the Cultural Plaza, you'll find the **Buddhist Vegetarian Restaurant** (100 N. Beretania St. #109, ☎ 808-532-8218). Although the atmosphere is nothing to write home about, you'll find vegan dim sum, stir-fries and faux meat dishes on an expansive menu. Also located in Chinatown is the not-so-Chinese **Little Bit Of Saigon** (1160 Maunakea Ave., ☎ 808-528-3663) restaurant. Unique Vietnamese roll-ups made with thin rice paper and stir-fried vegetables with tofu and peanut sauce are favorites for vegetarians. A Chinese restaurant of note outside the Chinatown area is **Yen King** (4211 Waialee Ave., ☎ 808-732-5505) located in the Kahala Mall. You'll find a reasonably priced, standard Chinese menu with plenty of vegetarian dishes.

If you're craving something more American, you'll certainly find it at **Cheeseburger In Paradise** (2500 Kalakama Ave., ☎ 808-923-3731) located in the enormous Foster Tower. Californians will feel at home with Cheeseburger's garden burgers. Other good comfort food can be found at **Mocha Java Café** (120 Ala Moana Blvd., ☎ 808-591-9023). Try their tasty curry burgers, or have a warm bowl of homemade soup and bread.

For something more off-beat, the **International Society For Krishna Consciousness** (51 Coelco Way, ☎ 808-595-5339) offers a free all-vegetarian meal at their complex in the hills above Honolulu.

Natural food stores are a dime a dozen in Honolulu. One of the best is **Down To Earth Natural Food Store & Deli** (2525 King St., ☎ 808-947-7678). Besides a large selection of organic groceries, their excellent deli produces huge avocado, tofu and cheese sandwiches for under $5, as well as daily, full-meal specials like lasagna and eggplant parmigiana. Just down the street, **Kokua Co-op** (2643 S. King St. ☎ 808-941-1922) is a full-service store with organic produce and a deli case. Along

the busy Ala Moana Boulevard is **Aloha Health Foods** (1050 Ala Moana Blvd., ☎ 808-591-8803). Towards Waikiki you'll find **Ruffage Natural Foods** (2442 Kuhio St., ☎ 808-922-2042). Their deli offers a wide variety of tofu sandwiches, tofu burgers, burritos, natural salads, fresh island fruits and fresh juices.

A bit north of Honolulu, Kailua is known among windsurfers for the breezy Kailua Bay. Pick up organic veggies, bulk foods and fresh juices at **The Source** (32 Kainehe St., ☎ 808-262-5604). A food bar serves organic burgers, homemade salads and soups.

The North Shore

Famous for its killer 25-foot waves in the wintertime, North Shore's Waimea Bay's waves are second only to Northern California's Mavericks for the largest surfable off-shore waves in the world. Dawn patrol breakfasts are served at 6am at **Café Haleiwa** (66-460 Kamehameha Hwy., ☎ 808-637-5516). Feast on eggs or whole wheat banana pancakes while checking out the local surf conditions. After the morning session, **Celestial Natural Foods** (66-443 Kamehameha Hwy., ☎ 808-637-6729) has a lunch counter serving all-vegetarian meals including nachos, couscous, and pita pockets. The natural foods store in front has a good selection of natural foods.

Farmers' Markets

Alabama

Auburn Co-op. Ext. Svc. Farmers' Market
1702 Noble St.
Anniston, AL
☎ 256-237-1621
Wednesday and Saturday

Barbour County Farmers' Market
241 Broad St.
Eufaula, AL
☎ 334-775-7610
Thursday and Saturday

Colbert County Farmers' Market
201 N. Main St.
Tuscumbia, AL
☎ 256-386-8558
Tuesday, Thursday and Saturday

Cullman Cty. Ag Trade Ctr. Farmers' Mkt.
17645 US Hwy. 31
Cullman, AL
☎ 256-739-4959
Tuesday through Saturday

Cullman County Farmers' Market
Young St. and 2nd Ave., SE
Cullman, AL
☎ 256-734-1752
Monday through Saturday

Decatur/Morgan County Farmers' Market
First Ave., SE
Decatur, AL
☎ 205-351-9782
Seasonal

Farmers' Market of Mobile County
2243 Halls Mill Rd.
Mobile, AL
☎ 334-473-9146
Year-round – Monday though Saturday

Fayette County Farmers' Market
103 First Ave., NE
Fayette, AL
☎ 205-932-8941
Seasonal – Tuesday, Thursday & Saturday

Florence/Lauderdale Cty. Farmers' Market
Fair Grounds Rd.
Florence, AL
☎ 205-760-5750
Seasonal – Tuesday, Thursday & Saturday

Franklin County Farmers' Market
W. Franklin St.
Russellville, AL
☎ 256-332-8880
Seasonal – Monday through Saturday

Houston County Food Fair
1699 Ross Park Cr.
Dothan, AL
☎ 334-794-4108
Seasonal – Tuesday and Friday

Jefferson County Truck Growers Assoc.
414 W. Finley Ave.
Birmingham, AL
☎ 205-251-8737
Year-round – Monday through Saturday

Madison County Farmers' Market
1022 Cook Ave.
Huntsville, AL
☎ 205-532-1661
Year-round – Monday through Saturday

Montgomery State Farmers' Market
1655 Federal Dr.
Montgomery, AL
☎ 334-242-5350
Year-round – Monday through Saturday

Tuscaloosa Farmers' Market
714 Greensboro Ave.
Tuscaloosa, AL
☎ 205-391-9250
Seasonal – Friday and Saturday

Alaska

Saturday Farmers' Market
700 6th Ave.
Anchorage, AK
☎ 800-770-2227
Seasonal – Saturday

Wasilla Farmers' Market
300 Bundry Ave.
Wasilla, AK
☎ 907-376-5673
Seasonal – Wednesday

Arizona

Arizona City Farmers' Market
Sundayland Gin Rd.
Arizona City, AZ
☎ 520-836-8889
Seasonal – Wednesday and Friday

Borgata Farmers' Market
Borgata Mall
Scotsdale, AZ
☎ 602-998-1822
Seasonal

Farm at South Mountain Farmers' Market
6106 S. 32nd St.
South Mountain, AZ
☎ 602-276-2667
Seasonal – Wednesday and Saturday

Gilbert Heritage District Market
10 S. Gilbert Rd.
Phoenix, AZ
☎ 602-848-1234
Year-round – Saturday

Heritage Square Farmers' Market
7th St. & Monroe
Phoenix, AZ
☎ 602-848-1234
Seasonal – Thursday

Mesa Community Farmers' Market
263 N. Center St.
Phoenix, AZ
☎ 602-848-1234
Year-round – Friday

Patriots Square Marketplace 1
Washington Ave. at Central
Phoenix, AZ
☎ 602-848-1234
Seasonal – Wednesday

Prescott Farmers' Market
Goodwin & Montezuma Aves.
Prescott, AZ
☎ 520-717-2476
Seasonal – Saturday

Roadrunner Park Farmers' Market
3501 E. Cactus Rd.
Phoenix, AZ
☎ 602-848-1234
Seasonal – Saturday

Silver Creek Farmers' Market
530 S. 2nd, West
Snowflake, AZ
☎ 520-536-2796
Seasonal – Saturday

Farmers' Market at Vincent's
3930 E. Camelback Rd.
Phoenix, AZ
☎ 602-224-0225
Seasonal – Saturday

Town and Country Farmers' Market
2021 E. Camelback Rd.
Phoenix, AZ
☎ 602-848-1234
Year-round – Wednesday

Arkansas

Arkansas County/North Farmers' Market
700 S. Main St.
Stuttgart, AR
☎ 870-282-3384
Year-round – Tuesday, Thursday & Saturday

Arkansas County/South Farmers' Market
Intersection of Hwy. 130 & 13th St.
DeWitt, AR
☎ 501-282-3384
Seasonal – Monday through Friday

Arkansas Home Grown Market (3 loc.)
8700 N. Rodney Parham; Lakewood Village; Second Presbyterian Church
Little Rock, AR
☎ 501-982-5682
Seasonal – Tuesday, Thursday & Saturday

Arkansas Vegetable Growers & Marketing Cooperative Assoc. Farmers' Market
4th & Walnut streets
Pine Bluff, AR
☎ 870-534-5127/0423
Seasonal – Tuesday, Thursday & Saturday

Ashley County Farmers' Market
Hwy. 82
Crossett, AR
☎ 870-364-6591
Seasonal – Monday and Saturday

Benton County Farmers' Market
Dixieland Mall
Rogers, AR
☎ 417-662-3546
Seasonal – Wednesday and Saturday

Benton Farmers' Market
Market St., football field parking lot
Benton, AR
☎ 501-315-8272
Seasonal – Wednesday and Saturday

Boone County Farmers' Market
Main Street
Harrison, AR
☎ 870-743-5738, fax 870-743-4760
Seasonal – Tuesday and Saturday

Brunwick Place Farmers' Market
115 N. 10th St.
Fort Smith, AR
☎ 501-785-4651, fax 501-785-1754
Seasonal – Wednesday and Saturday

Clark County Farmers' Market
Caddo St., First Methodist Church lot
Arkadelphia, AR
☎ 870-246-2281
Seasonal – Tuesday and Friday

Clarksville Farmers' Market
W. Main Street
Clarksville, AR
☎ 501-754-2340
Seasonal – Wednesday and Saturday

Cleburne County Growers Market
Spring Park
Heber Springs, AR
☎ 501-362-2524
Seasonal – Tuesday, Thursday & Saturday

Columbia Cty. Homegrown Market Assoc.
Central Baptist Church parking lot
Vine & Union streets
Magnolia, AR
☎ 870-234-2303
Seasonal – Tuesday, Thursday & Saturday

Conway County Farmers' Market
Old Train Station
Morrilton, AR
No phone
Seasonal – Monday through Friday

Fayetteville Farmers' Market
Fayetteville Square
Fayetteville, AR
☎ 501-634-7122
Seasonal – Tuesday and Saturday

Faulkner County Farmers' Market
1501 Robins
Conway, AR
☎ 501-679-2220
Seasonal – Tuesday, Thursday & Saturday

Gateway Farmers' Market
Jefferson & E. 9th streets
Texarkana, AR
☎ 870-779-3609
Seasonal – Tuesday, Thursday & Saturday

Grant County Farmers' Market
County Courthouse (west side)
Sheridan, AR
☎ 870-942-2231
Seasonal – Tuesday, Thursday & Saturday

Historic Downtown Farmers' Market
100 Broadway, Transportation Plaza
Hot Springs, AR
☎ 501-321-6806
Seasonal – Wednesday and Saturday

Little Rock River Market
400 E. Markham
Little Rock, AR
☎ 501-375-2552
Year-round

Montgomery County Farmers' Market
County Courthouse Square
Mt. Ida, AR
☎ 870-867-2311
Seasonal – Monday, Wednesday & Friday

Mountain Home Farmers' Market
Courthouse Square
Mountain Home, AR
☎ 870-425-2335
Seasonal – Wednesday and Saturday

Park Avenue Green Market
Park Ave., near Park Place Baptist Church
Hot Springs, AR
☎ 501-623-2849
Seasonal – Saturday

Polk County Farmers' Market
Mena Depot Center, 524 Sherwood Ave.
Mena, AR
☎ 501-394-6018
Seasonal – Tuesday, Thursday & Saturday

Stone County Farmers' Market
Courthouse Square
Mountain View, AR
☎ 870-269-4524
Seasonal – Wednesday and Saturday

Warren Farmers' Market
Molly's Diner
Warren, AR
☎ 870-226-2552
Seasonal – Saturday

California

Agoura Hills Farmers' Market
Roadside & Cornell
Agoura Hills, CA
☎ 818-991-7324
Year-round – Tuesday

Alameda Farmers' Market
Taylor & Webster
Alameda, CA
☎ 800-949-FARM
Seasonal – Tuesday

Alhambra Farmers' Market
Monterey & E. Bay State streets
Alhambra, CA
☎ 626-570-3242
Year-round – Sunday

Anaheim Farmers' Market
Center Street Promenade
Olive & Lemon streets
Anaheim, CA
☎ 714-254-4300
Year-round – Thursday

Angels Camp Farmers' Market
Mark Twain Shopping Center
Angels Camp, CA
☎ 209-736-4281
Seasonal – Wednesday

Antioch Farmers' Market
G & 2nd streets, Historic Downtown
Antioch, CA
☎ 510-757-6440
Seasonal – Saturday

Aptos Monterey Bay Farmers' Market
Cabrillo College, 6500 Soquel Dr.
Aptos, CA
☎ 408-728-5060
Year-round – Saturday

Arcadia Farmers' Market
1st Ave. between California & Alta
Arcadia, CA
☎ 626-806-5423
Year-round – Saturday

Arcata Farmers' Market
13th & G, Wildberry's Market
Arcata, CA
☎ 707-441-9999
Seasonal – Tuesday

Arcata Plaza Farmers' Market
The Plaza at G & 8th streets
Arcata, CA
☎ 707-441-9999
Seasonal – Saturday

Arnold-Mtn. Growers Farmers' Market
Hwy. 4 & Cedar St.
Arnold, CA
☎ 209-728-8864
Seasonal – Sunday

Arroyo Grande Farmers' Market I
214 E. Branch
Arroyo, CA
☎ 805-544-9570
Year-round – Saturday

Arroyo Grande Farmers' Market II
Kmart parking lot, Oak Park & Hwy. 101
Arroyo, CA
☎ 805-544-9570
Year-round – Wednesday

Atascadero Farmers' Market
East Mall at El Camino Real
Atascadero, CA
☎ 805-239-6535
Year-round – Wednesday

Auburn Farmers' Market
Folsom Rd. & Lincoln Way
Auburn, CA
☎ 916-823-6183
Year-round – Saturday

Azusa Farmers' Market
Dalton & Foothill
Azusa, CA
☎ 818-812-5280
Seasonal – Thursday

Bakersfield Farmers' Market
30th & F St., Montgomery Ward
Bakersfield, CA
☎ 805-834-5511
Year-round – Saturday

Bakersfield Farmers' Market
Stockdale & California
Stockdale Fashion Place
Bakersfield, CA
☎ 805-834-5511
Year-round – Saturday

Barstow Market Festival
Main St. & Barstow
Barstow, CA
☎ 619-256-8617
Seasonal – Tuesday

Baywood Park Farmers' Market
1300 Second St.
Baywood Park, CA
☎ 805-239-6535
Year-round – Monday

Bellflower Farmers' Market
Simm's Park on Oak & Clark streets
Bellflower, CA
☎ 562-804-1424
Year-round – Monday

Benicia Farmers' Market Downtown
1st St., between B & D
Benicia, CA
☎ 707-745-9791
Seasonal – Thursday

Berkeley Farmers' Market I
Derby St. & MLK Blvd.
Berkeley, CA
☎ 510-548-3333
Seasonal – Tuesday

Berkeley Farmers' Market II
Center St. & MLK Blvd.
Berkeley, CA
☎ 510-548-3333
Seasonal – Saturday

Beverly Hills Farmers' Market
N. Canon Dr. & Clifton Way
Beverly Hills, CA
☎ 310-285-2535
Year-round – Sunday

Big Bear Village Farmers' Market
Pine Knot Ave., Downtown
Big Bear City, CA
☎ 760-247-3769
Year-round – Tuesday

Bishop Eastern Sierra Farmers' Market
Sierra St. & Hwy. 395
Bishop, CA
☎ 760-873-1038
Seasonal – Saturday

Boonville Farmers' Market
Boonville Hotel parking lot
Boonville, CA
☎ 707-895-3720
Seasonal – Saturday

Borrego Springs Farmers' Market
Christmas Circle & Palm Canyon Dr.
Borrego Springs, CA
☎ 760-767-5555
Year-round – Friday

Brea Farmers' Market
Brea Comm. Ctr., 695 E. Madison Way
Brea, CA
☎ 714-990-7136
Year-round – Thursday

Brentwod Village Farmers' Market
Chayote & Barrington Place
Brentwood, CA
☎ 818-774-0755
Year-round – Wednesday

Burbank Farmers' Market
3rd St. & Orange Grove
Burbank, CA
☎ 626-308-0457
Year-round – Saturday

Calabasas Farmers' Market
Calabasas Rd. & El Canon
Calabasas, CA
☎ 818-223-8696
Year-round – Saturday

Camarillo Farmers' Market
2220 Ventura Blvd.
Camarillo, CA
☎ 805-482-1507
Year-round – Saturday

Cambria Farmers' Market
Veterans Memorial Hall, Main & Cambria
Cambria, CA
☎ 805-927-4715
Year-round – Friday

Campbell Farmers' Market
2nd & Campbell Ave.
Santa Clara, CA
☎ 510-745-7100
Seasonal – Sunday

Carpinteria Farmers' Market
800 block of Liden Ave.
Santa Barbara, CA
☎ 805-962-5354
Year-round – Thursday

Carlsbad Village Farmers' Market
Roosevelt & Carlsbad Dr.
Carlsbad, CA
☎ 760-720-9161
Year-round – Wednesday

Carson City Farmers' Market
Carson & Bonita St.
Los Angeles, CA
☎ 562-439-0776
Year-round – Thursday

Chico Farmers' Market
2nd & Wall St.
Chico, CA
☎ 916-893-FARM
Year-round – Saturday

Chico Mall Farmers' Market
E. 20th St. & Forest Ave.
Chico, CA
☎ 916-893-FARM
Seasonal – Wednesday

Chico Thursday Nite Farmers' Market
Broadway & Third
Chico, CA
☎ 530-345-6500
Seasonal – Thursdays

Chula Vista Farmers' Market
3rd & Center St.
San Diego, CA
☎ 760-753-7607
Year-round – Thursday

Claremont Wildwood Farmers' Market
Foothill & Indian Hill Blvd.
Los Angeles, CA
☎ 909-887-8156
Seasonal – Sunday

Clovis Farmers' Market, Old Town
Pollasky Ave. & 5th streets
Clovis, CA
☎ 209-298-5774
Seasonal – Friday

Coachella Farmers' Market
Oasis between Requa & Miles streets
Placer, CA
☎ 760-347-0606
Year-round – Friday

Coalinga Farmers' Market
Coalinga Plaza
Coalinga, CA
☎ 559-935-2948
Seasonal – Tuesday

Colfax Farmers' Market
Main St. at City Hall
Colfax, CA
☎ 530-346-2313
Seasonal – Wednesday

Compton/Hub City Farmers' Market
Alameda & Compton streets
Compton, CA
☎ 310-537-4847
Year-round – Friday

Concord Farmers' Market
Willow Pass & Grant
Concord, CA
☎ 800-949-FARM
Seasonal – Thursday

Concord Farmers' Market
Willow Pass & Grant
Concord, CA
☎ 800-949-FARM
Year-round – Tuesday

Corona Del Mar Farmers' Market
Margarite & Civic Coast Hwy.
Orange, CA
☎ 949-361-0735
Year-round – Saturday

Coronado Farmers' Market
1st & B at the Ferry Landing
San Diego, CA
☎ 760-741-3763
Seasonal – Tuesday

Coronado-Loews Bay Resort Farmers' Mkt. 4000 Coronado Bay Rd.
San Diego, CA
☎ 619-424-4000
Seasonal – Friday

Corte Madera Farmers' Market
Village Shopping Center
Corte Madera, CA
☎ 415-382-7846
Year-round – Wednesday

Costa Mesa Farmers' Market
88 Fair Dr. (Orange Cty. Fairgrounds)
Costa Mesa, CA
☎ 714-573-0374
Year-round – Thursday

Covina Farmers' Market
Italia St. & Citrus Ave.
Corvina, CA
☎ 626-858-9027
Year-round – Friday

Culver City Farmers' Market
Main & Culver
Culver City, CA
☎ 310-253-5775
Year-round – Tuesday

Daly City Farmers' Market
Serramonte Center, Montgomery Ward
Daly City, CA
☎ 800-806-FARM
Year-round – Thursday

Dana Point Farmers' Market
The Pavilion Shopping Center
Dana Point, CA
☎ 714-573-0374
Year-round – Wednesday

Danville Farmers' Market
Railroad & Prospect
Danville, CA
☎ 800-949-FARM
Year-round – Saturday

Davis Farmers' Market
4th & C streets, Central Park
Davis, CA
☎ 530-756-1695
Year-round – Sat.; Seasonal – Wed.

Del Mar Farmers' Market
1050 Carmino Del Mar
Vista, CA
☎ 760-727-1471
Year-round – Saturday

Dublin Farmers' Market
Dublin Blvd. & Donlon Way
Fremont, CA
☎ 510-745-7100
Seasonal – Friday

El Cerrito Farmers' Market
San Pablo & Fairmont
El Cerrito, CA
☎ 510-528-7992
Year-round – Tuesday and Saturday

Encino Farmers' Market
17400 Victory Blvd.
Encino, CA
☎ 818-708-6611
Year-round – Sunday

Encinitas Farmers' Market
3rd & C St., Moonlight Beach parking lot
Encinitas, CA
☎ 619-943-1950
Year-round – Friday

Escondido Downtown Farmers' Market
Grand & Broadway streets
Escondido, CA
☎ 760-745-8877
Seasonal – Tuesday

Eureka Farmers' Market I
Eureka Mall on Harris & Central streets
Eureka, CA
☎ 707-441-9999
Seasonal – Thursday

Eureka Farmers' Market II
Old Town area, 2nd & F
Eureka, CA
☎ 707-441-9999
Seasonal – Tuesday

Exeter Farmers' Market
Pine & East
Exeter, CA
☎ 209-592-2919
Seasonal – Wednesday

Fairfield Farmers' Market I
Texas St., downtown
Fairfield, CA
☎ 707-425-3276
Year-round – Thursday

Fallbrook Village Farmers' Market
Alvarado & Main streets, Village Square
Fallbrook, CA
☎ 760-731-7177
Year-round – Friday and Saturday

Felton Farmers' Market
Felton Presbyterian Church, Hwy. 9
Felton, CA
☎ 408-335-9364
Seasonal – Tuesday

Fort Bragg Farmers' Market
Laurel & Franklin streets
Fort Bragg, CA
☎ 707-964-0536
Seasonal – Wednesday

Fortuna Farmers' Market
10th & L streets
Fortuna, CA
☎ 707-768-3342
Seasonal – Tuesday

Fremont Farmers' Market
Bay St. & Fremont Blvd.
Fremont, CA
☎ 800-897-FARM
Year-round – Sunday

Fremont Niles Farmers' Market
Niles Blvd. & Sullivan
Fremont, CA
☎ 510-745-7100
Seasonal – Saturday

Fresno Vineyard Market
W. Shaw & Blackstone
Fresno, CA
☎ 209-222-0182
Year-round – Wednesday and Saturday

Fullerton Farmers' Market
Woodcrest Park
Fullerton, CA
☎ 714-871-5304
Year-round – Wednesday

Fullerton Thursday Market
Wiltshire & Pomona
Fullerton, CA
☎ 714-526-5814
Seasonal – Thursday

Garberville Farmers' Market
Locust & Church
Garberville, CA
☎ 707-923-2613
Seasonal – Friday

Gardena Farmers' Market
13000 Van Ness & El Segundo
Gardena, CA
☎ 213-777-1755
Year-round – Saturday

Gilroy Farmers' Market
Monterey & 5th
Gilroy, CA
☎ 408-842-6964
Seasonal – Thursday

Glendale Farmers' Market
100 block N. Brand Blvd.
Glendale, CA
☎ 626-449-0179
Year-round – Thursday

Goleta Farmers' Market
Calle Real Shopping Center
Goleta, CA
☎ 805-962-5354
Year-round – Thursday

Granite Bay Farmers' Market
Douglas Blvd. & Auburn-Folsom Rd.
Granite Bay, CA
☎ 916-823-6183
Seasonal – Sunday

Grass Valley-Combie Farmers' Market
Combie & Hacienda
Grass Valley, CA
☎ 916-268-3772
Seasonal – Tuesday

Grass Valley Friday Market
Mill & Main streets
Nevada City, CA
☎ 916-265-9495
Seasonal – Friday

Grass Valley Farmers' Market
Nevada County Fairgrounds Gate #4
11228 McCourtney Rd.
Grass Valley, CA
☎ 530-265-5551
Seasonal – Saturday

Hanford Farmers' Market
Douty & Irwin
Hanford, CA
☎ 209-582-9457
Seasonal – Thursday

Hanford Mall Farmers' Market
1675 W. Lacy Blvd.
Hanford, CA
☎ 209-583-1200
Seasonal – Saturday

Hayfork Farmers' Market
Main St., fronting Dick Murry Real Estate
Douglas City, CA
☎ 916-623-5947
Seasonal – Saturday

Hayward Farmers' Market
Main & B St.
Hayward, CA
☎ 800-897-FARM
Seasonal – Saturday

Healdsburg Farmers' Market
North & Vine streets
Healdsburg, CA
☎ 707-431-1956
Seasonal – Tuesday and Saturday

Hermosa Beach Farmers' Market
Hermosa Beach Valley Dr. (10th & 8th)
Hermosa, CA
☎ 310-376-0951
Year-round – Friday

Hollister Downtown Farmers' Market
San Benito between 4th & 5th
Hollister, CA
☎ 831-623-4610
Seasonal – Saturday

Hollywood Farmers' Market
Ivar Ave. & Hollywood Blvd.
Hollywood, CA
☎ 213-463-3171
Year-round – Sunday

Huntington Beach Farmers' Market
5th & Walnut
Huntington Beach, CA
☎ 714-573-0374
Year-round – Friday

Irvine University Center Farmers' Market
Campus & Bridge
Irvine, CA
☎ 714-573-0374
Year-round – Saturday

Jackson Farmers' Market
Church St. & California
Jackson, CA
☎ 209-296-5504
Seasonal – Wednesday

Kelseyville Farmers' Market
Hwy. 29 & Thomas Dr.
Kelseyville, CA
☎ 707-277-9162
Seasonal – Saturday

Laguna Beach Farmers' Market
Lumberyard parking lot, near City Hall
Laguna Beach, CA
☎ 714-573-0374
Year-round – Saturday

Laguna Niguel Farmers' Market
Plaza de La Paz Shopping Center
Irvine, CA
☎ 714-573-0374
Year-round – Sunday

La Mesa Farmers' Market
8500 Allison Ave.
La Mesa, CA
☎ 619-440-5027
Seasonal – Friday

Laytonville Farmers' Market
Good Food Store-Branscomb & Ramsey
Laytonville, CA
☎ 707-984-8805
Seasonal – Sunday

Lemoore Farmers' Market
D St. & Fox St.
Lemoore, CA
☎ 209-924-6401
Seasonal – Tuesday

Live Oak Farmers' Market
Broadway between Gum & Fir
Live Oak, CA
☎ 916-695-2112
Seasonal – Friday

Livermore Farmers' Market
Third & L St.
Livermore, CA
☎ 800-949-FARM
Seasonal – Thursday

Lodi Farmers' Market
School St. between Pine & Walnut
Lodi, CA
☎ 209-368-6891
Year-round – Thursday

Lompoc Farmers' Market
Ocean & I streets
Lompoc, CA
☎ 805-343-2135
Year-round – Friday

Long Beach Downtown Farmers' Market
Pine & Broadway
Long Beach, CA
☎ 562-433-3881
Year-round – Friday

Long Beach Marina Farmers' Market
2nd St. & Pacific Coast Hwy.
Long Beach, CA
☎ 562-433-3881
Year-round – Sunday

Long Beach Northeast Farmers' Market
Wardlow Rd. & Norwalk Blvd.
Long Beach, CA
☎ 562-433-3881
Year-round – Saturday

Los Alamitos Farmers' Market
Pine & Florista
Irvine, CA
☎ 714-573-0374
Year-round – Friday

Los Altos Farmers' Market
Loyola Corners, 901 Fremont Ave.
Los Altos, CA
☎ 800-806-FARM
Seasonal – Saturday

LA Adams & Vermont Farmers' Market
St. Agnes Church-Adams & Vermont
Los Angeles, CA
☎ 213-777-1755
Year-round – Wednesday

LA Mercado Alvarado Farmers' Market
Wiltshire & W. Lake
Los Angeles, CA
☎ 213-385-7800
Seasonal – Sunday

Los Angeles 7th Market Place
Figueroa St. & 7th
Los Angeles, CA
☎ 213-955-7170
Year-round – Thursday

Los Angeles Walton/Crenshaw
Crenshaw & Coliseum
Los Angeles, CA
☎ 213-777-1755
Year-round – Friday

Los Gatos Farmers' Market
Montabello Way & Broadway
Los Gatos, CA
☎ 408-353-4293
Seasonal – Sunday

Lower Lake Farmers' Market
Anderson Marsh State Park at Hwy. 53
Lower Lake, CA
☎ 707-995-6050
Seasonal – Sunday

Lynwood Farmers' Market
Martin Luther King & Cesar Chavez Lane
Compton, CA
☎ 310-885-3751
Seasonal – Tuesday

Martinez Farmers' Market
Main & Court streets
Martinez, CA
☎ 800-949-FARM
Seasonal – Thursday

Mariposa Farmers' Market I
Darrah & Triangle streets
Mariposa, CA
☎ 209-740-7230
Seasonal – Sunday

Mariposa Farmers' Market II
Mariposa Park, 6th St. & County Park
Mariposa, CA
☎ 209-742-7230
Seasonal – Wednesday

Marysville Farmers' Market
10th & E streets, Washington Square Park
Marysville, CA
☎ 916-671-3346
Seasonal – Wednesday

Mendocino Farmers' Market
Howard & Main streets
Mendocino, CA
☎ 707-937-2728
Seasonal – Friday

Menlo Park Farmers' Market
Santa Cruz & Chestnut streets
Menlo Park, CA
☎ 831-688-8316
Year-round – Sunday

Merced Downtown Farmers' Market
Main & Canal streets
Merced, CA
☎ 209-383-6908
Seasonal – Thursday

Merced City Original Farmers' Market
N & 18th streets
Merced, CA
☎ 209-389-4652
Seasonal – Saturday

Middletown Farmers' Market
Bush & Wardlow
Middletown, CA
☎ 707-987-2201
Year-round – Wednesday

Millbrae Farmers' Market
200 block of Broadway
Millbrae, CA
☎ 415-697-7324
Year-round – Saturday

Milpitas Farmers' Market
Milpitas Town Center, Mervyn's parking lot
Milpitas, CA
☎ 800-949-FARM
Seasonal – Wednesday and Sunday

Modesto Farmers' Market
16th & H streets
Modesto, CA
☎ 209-632-9322
Seasonal – Thursday and Saturday

Monrovia Farmers' Market
Myrtle & Lime
Monrovia, CA
☎ 213-735-2586
Seasonal – Friday

Montague Farmers' Market
120 N. 11th St.
Montague, CA
☎ 916-459-5175
Seasonal – Sunday

Montecito Farmers' Market
1200 Coast Village Rd.
Montecito, CA
☎ 805-962-5354
Year-round – Friday

Monterey Bay Penin. Coll. Farmers' Mkt.
Fremont & Phisher
Monterey, CA
☎ 831-728-5060
Year-round – Thursday

Montrose Farmers' Market
2200 block of Honolulu Ave.
Montrose, CA
☎ 213-735-2586
Year-round – Thursday

Morgan Hill Farmers' Market
3rd & Depot, Downtown Train Station
Morgan Hill, CA
☎ 800-806-FARM
Seasonal – Saturday

Morro Bay Farmers' Market
2650 N. Main St., Giant Food parking lot
Morro Bay, CA
☎ 805-544-9570
Year-round – Thursday

Mountain View Farmers' Market
100 Castro St., rear parking lot
Mountain View, CA
☎ 800-806-FARM
Year-round – Sunday

Napa Chef's Farmers' Market
1st & Coombs St.
Napa, CA
☎ 707-253-9282
Seasonal – Friday

Napa Downtown Farmers' Market
West & Pearl
Napa, CA
☎ 707-252-7142
Seasonal – Tuesday

Newport Beach Farmers' Market
McFadden parking lot at the pier
Irvine, CA
☎ 714-573-0374
Seasonal – Tuesday

Northridge Farmers' Market
Wilbur Ave. & Nordhoff St.
Northridge, CA
☎ 818-718-1115
Seasonal – Tuesday and Saturday

Norwalk Farmers' Market
Alondra & Pioneer
Noewalk, CA
☎ 562-863-7365
Seasonal – Tuesday

North San Juan Farmers' Market
29190 Hwy. 49
North San Juan, CA
☎ 916-292-3458
Year-round – Saturday

Novato Farmers' Market
Grant & Sherman
Novato, CA
☎ 800-897-FARM
Seasonal – Tuesday

Norwalk Farmers' Market
Alondra & Pioneer
Norwalk, CA
☎ 562-863-7365
Year-round – Tuesday

Oakland Jack London Farmers' Market
Broadway & Embarcadero
Oakland, CA
☎ 800-949-3276
Year-round – Sunday

Oakland Temescal Farmers' Market
Telegraph & 49th St.
Pleasanton, CA
☎ 800-949-FARM
Seasonal – Sunday

Ocean Beach Farmers' Market
4900 Newport Ave.
San Diego, CA
☎ 619-223-3903
Year-round – Wednesday

Oceanside Downtown Farmers' Market
Pier View Way & Coast Hwy. 101
Oceanside, CA
☎ 619-440-5027
Year-round – Thursday

Ojai Farmers' Market
300 E. Matilija St.
Ojai, CA
☎ 805-646-4444
Seasonal – Sunday

Old Monterey Farmers' Market
Alvarado & Pearl St.
Monterey, CA
☎ 408-665-8070
Seasonal – Tuesday

Old Oakland Farmers' Market
9th & Broadway St.
Oakland, CA
☎ 510-745-7100
Year-round – Friday

Old Pasadena Farmers' Market
Holly & Raymond streets
Old Pasadena, CA
☎ 805-652-2089
Year-round – Sunday

Old Town Salinas Farmers' Market
Main & Alifal St.
Salinas, CA
☎ 831-758-0725
Seasonal – Wednesday

Orange Farmers' Market
Parking lot of Antique Station
Orange, CA
☎ 714-633-3934
Year-round – Thursday

Orcutt Central City Farmers' Market
Bradley & Clark
Nipomo, CA
☎ 805-343-2135
Seasonal – Tuesday

Ornida Farmers' Market
Avenida de Orinda & Orinda Way
Walnut Creek, CA
☎ 925-431-8361
Seasonal – Saturday

Oroville Farmers' Market
Myers & Bird streets
Oroville, CA
☎ 916-534-9928
Seasonal – Thursday

Oxnard Farmers' Market
5th & B streets, Downtown Plaza Park
Oxnard, CA
☎ 805-483-7960
Year-round – Thursday

Oxnard Channel Isles Harbor Market
2810 S. Harbor Blvd.
Pt. Musu, CA
☎ 805-652-2089
Year-round – Sunday

Pacific Beach Farmers' Market
Mission Blvd. & Reed
Pacific Beach, CA
☎ 760-741-3763
Year-round – Saturday

Palmdale Farmers' Market
Food Court, Antelope Valley Mall
Palmdale, CA
☎ 805-947-0185
Seasonal – Sunday

Palo Alto Downtown Farmers' Market
Hamilton & Gilman streets
Palo Alto, CA
☎ 415-325-2088
Seasonal – Saturday

Palos Verdes Farmers' Market
Hawthorne & Silverspur
Palos Verdes, CA
☎ 310-618-2930
Year-round – Sunday

Paradise Farmers' Market
6491 Clark Rd.
Paradise, CA
☎ 916-893-FARM
Seasonal – Tuesday

Pasadena Villa Park Farmers' Market
E. Villa & Garfield Ave.
Pasadena, CA
☎ 626-449-0179
Year-round – Tuesday

Pasadena Victory Park Farmers' Market
Victory Park, Paloma & Sierra Madre Ave.
Pasadena, CA
☎ 626-449-0179
Year-round – Saturday

Paso Robles Farmers' Market
12th & Spring
Paso Robles, CA
☎ 805-239-6535
Year-round – Friday

Paso Robles Farmers' Market
14th & Spring
Paso Robles, CA
☎ 805-239-6535
Year-round – Tuesday

Petaluma Farmers' Market
Walnut Park, 4th & D
Petaluma, CA
☎ 707-762-0344
Seasonal – Saturday

Pinole Farmers' Market
Fernandez & San Pablo Ave.
Walnut Creek, CA
☎ 510-946-9059
Year-round – Saturday

Pismo Beach Farmers' Market
Main & Dolliver streets
Pismo Beach, CA
☎ 805-544-9570
Seasonal – Tuesday

Placerville Farmers' Market
Main St. & Cedar Ravine
Placerville, CA
☎ 530-622-0262
Seasonal – Saturday

Pleasanton Farmers' Market
Main & W. Angela
Pleasanton, CA
☎ 800-949-FARM
Year-round – Saturday

Pleasant Hill Farmers' Market
City Hall, 100 Gregory Lane
Pleasant Hill, CA
☎ 510-431-8361
Seasonal – Saturday

Point Arena Farmers' Market
Mill & Main streets
Point Arena, CA
☎ 707-882-2973
Year-round – Sunday

Point Reyes Station
Toby's Feed Barn,15479 State Route 1
Pt. Reyes Station, CA
☎ 415-663-9159
Seasonal – Saturday

Pomona Valley Farmers' Market
Pearl & Garey streets
Pomona, CA
☎ 909-623-1030
Year-round – Saturday

Poway Farmers' Market
Midland Rd. & Temple
Poway, CA
☎ 619-440-5027
Year-round – Saturday

Ramona Farmers' Market
Main & 7th St.
Oceanside, CA
☎ 619-967-9120
Seasonal – Friday

Rancho Berardo Farmers' Market
Bernardo Winery, 13330 Paseo Del
Verano North Vista, CA
☎ 760-631-0200
Year-round – Friday

Red Bluff Farmers' Market
Red Bluff City Park,100 Main St.
Red Bluff, CA
☎ 916-527-6220
Seasonal – Wednesday and Saturday

Redding Farmers' Market I
Library Park, Yuba & Placer streets
Redding, CA
☎ 530-242-8773
Seasonal – Thursday

Redding Farmers' Market II
Downtown Mall, Yuba & California streets
Redding, CA
☎ 530-242-8773
Seasonal – Saturday

Redding Farmers' Market III
Mt. Shasta Mall, 900 Dana Dr.
Redding, CA
☎ 530-623-3947
Seasonal – Tuesday and Saturday

Redlands Farmers' Market
State St. between Orange & 9th
Redlands, CA
☎ 909-798-7548
Year-round – Thursday

Redondo Beach Farmers' Market
Torrance Blvd. at Redondo Beach Pier
Redondo, CA
☎ 310-540-0722
Year-round – Thursday

Redwood City Farmers' Market
Winslow & Middlefield
Redwood City, CA
☎ 415-592-4103
Seasonal – Saturday

Reedley Farmers' Market
G & 11th streets, Pioneer Park
Reedley, CA
☎ 209-638-5484
Seasonal – Friday

Richmond Farmers' Market
Civic Center Dr. & McDonald Ave.
Richmond, CA
☎ 510-222-5091
Seasonal – Friday

Riverbank Farmers' Market
Sante Fe & 2nd
Riverbank, CA
☎ 209-869-4541
Year-round – Tuesday

Riverside Farmers' Market
5261 Arlington Ave., Sears parking lot
Riverside, CA
☎ 619-244-2772
Year-round – Friday

Riverside Orange Blossom Farmers' Mkt.
Main St. & 5th
Riverside, CA
☎ 619-244-2772
Seasonal – Wednesday

Roseville Farmers' Market
Downtown Roseville, Vernon St. @ City Hall
Loomis, CA
☎ 916-823-6183
Seasonal – Tuesday

Sacramento Central Farmers' Market
8th Ave. & W St.
Sacramento, CA
☎ 916-688-0100
Year-round – Sunday

Sacramento CC Farmers' Market
El Camino & Watt
Elk Grove, CA
☎ 916-688-0100
Year-round – Tuesday

Sacramento CC Plaza Farmers' Market
El Camino & Watt, behind Macy's
Elk Grove, CA
☎ 916-688-0100
Seasonal – Saturday

Sacramento Dntwn. Plaza Farmers' Market
Downtown Plaza, 4th and L streets
Elk Grove, CA
☎ 916-688-0100
Seasonal – Friday

Sacramento Florin Mall Farmers' Market
Florin Mall in front of Sears
Elk Grove, CA
☎ 916-688-0100
Year-round – Thursday

Sacramento Garcia Bend Farmers' Market
Garcia Bend Park
Elk Grove, CA
☎ 916-688-0100
Seasonal – Friday

Sacramento Gibson Ranch Farmers' Mkt.
Elverta & Gibson Park roads
Elk Grove, CA
☎ 916-688-0100
Seasonal – Saturday

Sacramento K Street Mall Farmers' Market
K Street Mall at 11th & K
Elk Grove, CA
☎ 916-688-0100
Seasonal – Thursday

Sacramento Plaza Park Farmers' Market
Plaza Park at 10th & J streets
Sacramento, CA
☎ 916-688-0100
Seasonal – Wednesday

Sacramento Roosevelt Park Farmers' Mkt
Roosevelt Park at 9th & P streets
Sacramento, CA
☎ 916-688-0100
Seasonal – Tuesday

Sacramento Sunrise Mall Farmers' Market
Sunrise Mall behind Sears, Citrus Heights
Sacramento, CA
☎ 916-688-0100
Year-round – Saturday

Salinas Farmers' Market
Northridge Mall, 796 Main St.
Salinas, CA
☎ 831-728-5060
Year-round – Sunday

Salinas Farmers' Market
Alvardo & Pearl streets
Salinas, CA
☎ 831-665-8070
Year-round – Tuesday

Saint Helena-Napa Valley
Hwy. 29 & Grayson at Crane Park
Napa, CA
☎ 707-252-2105
Seasonal – Friday

San Clemente Village Farmers' Market
200 Block of Avenida Del Mar Dr.
San Clemente, CA
☎ 714-361-0735
Year-round – Sunday

San Diego Farmers' Market
El Cajon Blvd. at Marlborough
San Diego, CA
☎ 619-440-5027
Year-round – Sunday

San Diego Hazard Center Farmers' Market
Friars & Frazee roads
Escondido, CA
☎ 619-741-3763
Year-round – Thursday

San Diego Hillcrest Farmers' Market
Cleveland & Normal, DMV parking lot
San Diego, CA
☎ 619-753-7607
Year-round – Sunday

San Diego Mission Valley Farmers' Market
Mission Valley Ctr., 1640 Camino Del Rio
North San Diego, CA
☎ 760-741-3763
Year-round – Thursday

San Dimas Farmers' Market
Bonita & Monte Vista
San Dimas, CA
☎ 909-592-3002
Year-round – Wednesday

San Francisco Alemany Farmers' Market
100 Alemany Blvd.
San Francisco, CA
☎ 415-647-9423
Year-round – Saturday

San Francisco Certified Farmer's Market
100 Alemany Blvd.
San Francisco, CA
☎ 415-647-9423
Saturday from dawn to dusk

San Francisco Ferry Plaza Farmers' Market
Embarcadero & Green streets
San Francisco, CA
☎ 510-528-6987
Year-round – Saturday and Sunday

San Francisco Ferry Plaza Farmers' Market
Justin Herman Plz–Market & Embarcadero
San Francisco, CA
☎ 510-528-6987
Seasonal – Tuesday

SF Heart of the City Farmers' Market
Market & 7th streets
San Francisco, CA
☎ 415-558-9455
Year-round – Wednesday and Sunday

San Gabriel Farmers' Market
Mission & Santa Anita
San Gabriel, CA
☎ 626-576-2525
Seasonal – Saturday

San Jose Blossom Hill Farmers' Market
Princeton Plaza Mall, Kooser & Meridian
San Jose, CA
☎ 800-806-FARM
Year-round – Sunday

San Jose Downtown Farmers' Market
W. San Fernando & First streets
San Jose, CA
☎ 800-949-FARM
Seasonal – Thursday

San Jose Japan Town Farmers' Market
Jackson St. between 7th & 8th
San Jose, CA
☎ 408-298-4303
Year-round – Sunday

San Jose Town & Country Farmers' Market Town & Country Shopping Center
San Jose, CA
☎ 800-949-FARM
Year-round – Friday

San Jose Willow Glen Farmers' Market
Minnesota & Lincoln
Los Gatos, CA
☎ 408-353-4293
Seasonal – Saturday

San Leandro Farmers' Market I
Fairmont & E. 14th streets
San Leandro, CA
☎ 800-806-FARM
Year-round – Saturday

San Leandro Farmers' Market II
E. 14th & Parrot St., Pelton Ctr. lot
San Leandro, CA
☎ 800-806-FARM
Seasonal – Sunday

San Luis Obispo Higuera Farmers' Market
800-900 blocks of Higuera St.
San Luis Obispo, CA
☎ 805-544-9570
Year-round – Thursday

San Luis Obispo Gottschalk Farmers' Mkt.
Gottschalk at Madonna & Zozobra
San Luis Obispo, CA
☎ 805-544-9570
Year-round – Saturday

San Mateo Farmers' Market
College of San Mateo parking lot
San Mateo, CA
☎ 800-949-FARM
Year-round – Wednesday and Saturday

San Mission Valley Farmers' Market
1640 Camino Del Rio, North
Escondido, CA
☎ 760-741-3763
Seasonal – Thursday

San Pedro Farmers' Market
6th & Mesa streets in Old Town
San Pedro, CA
☎ 562-433-3881
Year-round – Thursday

San Rafael Farmers' Market I
Marin Co. Civic Ctr., Hwy. 101 & San Pedro San Rafael, CA
☎ 800-897-FARM
Year-round – Thursday and Sunday

San Rafael Farmers' Market II
4th & B streets
San Rafael, CA
☎ 415-457-2266
Seasonal – Thursday

Santa Barbara Farmers' Market I
Cota & Santa Barbara streets
Santa Barbara, CA
☎ 805-962-5354
Year-round – Saturday

Santa Barbara Farmers' Market II
Old Town, 500-600 blocks of State St.
Santa Barbara, CA
☎ 805-962-5354
Year-round – Tuesday

Santa Clara Mission City Farmers' Market
Triton Museum lot, Lincoln & Warburton
Concord, CA
☎ 800-806-FARM
Seasonal – Saturday

Santa Clarita Farmers' Market
Rockwell Canyon Rd. & Valencia Blvd.
Santa Clarita, CA
☎ 805-529-6266
Year-round – Sunday

Santa Cruz Community Farmers' Market
Lincoln & Cedar streets
Santa Cruz, CA
☎ 408-335-7443
Seasonal – Wednesday

Santa Maria Farmers' Market
Mervyns parking lot at Broadway & Main
Santa Maria, CA
☎ 805-343-2135
Year-round – Wednesday

Santa Monica Farmers' Market I
Arizona Ave. & 3rd St.
Santa Monica, CA
☎ 310-458-8172
Year-round – Wednesday and Saturday

Santa Monica Farmers' Market II
Cloverfield & Pico
Santa Monica, CA
☎ 310-458-8172
Year-round – Saturday

Santa Monica Farmers' Market III
Ocean Park Blvd. & Main St.
Santa Monica, CA
☎ 310-458-8172
Year-round – Sunday

Santa Paula Farmers' Market
10th & Railroad Ave.
Pt. Musu, CA
☎ 805-652-2089
Seasonal – Saturday

Santa Rosa Oakmont Farmers' Market
Bank parking lot, White Oak & Oakmont
Santa Rosa, CA
☎ 707-538-7023
Year-round – Saturday

Santa Rosa Original Farmers' Market
Veterans Memorial Building
Santa Rosa, CA
☎ 707-523-0962
Year-round – Wednesday and Saturday

Santa Rosa RR Square Farmers' Market
Old train station at Wilson & 4th streets
Santa Rose, CA
☎ 707-538-7023
Seasonal – Wednesday

Santa Rosa Thursday Nite Farmers' Mkt.
4th & E streets
Santa Rosa, CA
☎ 707-769-9145
Seasonal – Thursday

Saratoga Farmers' Market
Saratoga Sunnyvale Rd. & Herriman Ave.
Concord, CA
☎ 800-806-FARM
Seasonal – Saturday

Sausalito Farmers' Market
Napa & Bridgeway streets, Durphy Park
Novato, CA
☎ 415-382-7846
Seasonal – Saturday

Sebastopol Farmers' Market
McKinley & Petaluma
Sebastopol, CA
☎ 707-522-9305
Seasonal – Sunday

Scott's Valley Farmers' Market
Erba Lane & Scott's Valley Dr.
Freedom, CA
☎ 831-728-5060
Seasonal – Tuesday

Simi Valley Farmers' Market
Tapo & Eleen streets
Moorpark, CA
☎ 805-652-2089
Year-round – Saturday

Solana Beach Farmers' Market
Lomas Santa Fe & Cedros
Carlsbad, CA
☎ 619-720-9161
Year-round – Sunday

Solvang Farmers' Market
Copenhagen Dr. & 1st St.
Solvang, CA
☎ 805-962-5354
Year-round – Wednesday

Sonoma Farmers' Market I
Arnold Field parking lot, First St.
Sonoma, CA
☎ 707-538-7023
Year-round – Friday

Sonoma Farmers' Market II
Sonoma Plaza, Napa St.
Sonoma, CA
☎ 707-538-7023
Seasonal – Tuesday and Saturday

Sonora Farmers' Market I
Stewart & Theall streets
Sonora, CA
☎ 209-532-7725
Seasonal – Saturday

South Gate Farmers' Market
Pinehurst & Tweedy
South Gate, CA
☎ 310-635-7938
Year-round – Monday

South Lake Tahoe Farmers' Market
2732 S. Lake Tahoe
South Lake Tahoe, CA
☎ 530-622-0262
Seasonal – Tuesday

Squaw Valley Farmers' Market
Squaw Valley Ski Lodge
Loomis, CA
☎ 916-823-6183
Seasonal – Sunday

Stockton Farmers' Market I
Hunter Square at Weber Ave.
Stockton, CA
☎ 209-943-1830
Year-round – Friday

Stockton Farmers' Market II
Washington betw. El Dorado & San Joaquin Stockton, CA
☎ 209-943-1830
Year-round – Saturday

Stockton Farmers' Market III
Yokuts & Claremont avenues
Stockton, CA
☎ 209-943-1830
Seasonal – Thursday and Sunday

Studio City
Ventura Pl. (Ventura Blvd. & Laurel Canyon
Studio City, CA
☎ 818-761-4065
Year-round – Sunday

Suisun Farmers' Market
Harbor Plaza at Main & Solano
Suisun City, CA
☎ 707-421-7309
Seasonal – Friday

Sunnyvale Farmers' Market
Murphy between Washington & Evelyn
Sunnyvale, CA
☎ 510-745-7100
Year-round – Saturday

Susanville Farmers' Market
Train Depot at Richmond & Railroad
Susanville, CA
☎ 916-251-2362
Seasonal – Saturday

Sutter Creek Farmers' Market
Eureka St. & Hwy. 29
Sutter Creek, CA
☎ 209-296-5504
Seasonal – Saturday

Tahoe City Farmers' Market
Watermelon patch, Dollar Hill & Hwy. 28
Tahoe City, CA 96145
☎ 916-823-6183
Seasonal – Thursday and Sunday

Temecula Old Town Farmers' Market
3rd & Front streets
Temecula, CA
☎ 760-728-7343
Year-round – Saturday

Templeton Farmers' Market
6th St. & Crocker
Templeton, CA
☎ 805-239-6535
Year-round – Saturday

Thousand Oaks Farmers' Market
Wilbur Rd. & Thousand Oaks Blvd.
Thousand Oaks, CA
☎ 805-529-6266
Year-round – Thursday

Torrance Farmers' Market
Wilson Park at Carson & Sepulveda
Torrance, CA
☎ 310-618-2930
Year-round – Saturday

Torrance Farmers' Market
2200 block of Crenshaw at Jefferson
Torrance, CA
☎ 310-618-2930
Year-round – Tuesday

Tracy Farmers' Market
10th & Central streets
Tracy, CA
☎ 209-943-1830
Seasonal – Wednesday

Truckee Farmers' Market
Truckee River Regional Park
Truckee, CA
☎ 916-823-6183
Seasonal – Tuesday

Tulare Farmers' Market
K & Tulare streets
Visalia, CA
☎ 209-747-0095
Seasonal – Tuesday

Turlock Farmers' Market
W. Main & Golden State
Turlock, CA
☎ 209-667-6670
Seasonal – Thursday

Tustin Farmers' Market
El Camino & 3rd St.
Tustin, CA
☎ 714-573-0374
Year-round – Wednesday

Ukiah Farmers' Market I
Orchard Plaza Shopping Center
Ukiah, CA
☎ 707-743-1342
Seasonal – Saturday

Ukiah Farmers' Market II
School & Clay streets
Ukiah, CA
☎ 707-743-1726
Seasonal – Tuesday

Union City-Old Alverado Farmers' Market
Vallejo & Smith streets
Pleasanton, CA
☎ 800-949-FARM
Seasonal – Saturday

Upper Lake Farmers' Market
Main St. & Hwy. 20
Upper Lake, CA
☎ 707-275-2388
Year-round – Saturday

Vacaville Farmers' Market
Dobbins & Main St.
Vacaville, CA
☎ 800-897-FARM
Year-round – Saturday

Vallejo Farmers' Market
Georgia & Sacramento
Vallejo, CA
☎ 800-949-FARM
Year-round – Saturday

Vallejo Old Towne Farmers' Market
Solano County Fairgrounds, Gate 5
Vallejo, CA
☎ 707-642-8549
Year-round – Saturday

Venice Country Farmers' Market
Venice High School, 13000 Venice Blvd.
Venice, CA
☎ 310-392-6890
Year-round – Saturday

Venice Farmers' Market
Venice Blvd. at Venice Way
Venice, CA
☎ 310-399-6690
Year-round – Friday

Ventura Downtown Farmers' Market
Santa Clara & Palm streets
Ventura, CA
☎ 805-529-6266
Year-round – Saturday

Ventura Midtown Farmers' Market
Main St. & Mills at Montgomery Ward
Ventura, CA
☎ 805-529-6266
Year-round – Wednesday

Victorville High Desert Farmers' Market
Victor Vly College, Lower Campus lot
Apple Valley, CA
☎ 760-247-3769
Year-round – Thursday

Visalia-Tularea Farmers' Market I
Mooney Blvd. & Caldwell Ave.
Visalia, CA
☎ 209-747-0095
Year-round – Saturday

Visalia Farmers' Market II
Church & Main streets
Visalia, CA
☎ 209-747-0095
Seasonal – Thursday

Vista Farmers' Market
Eucalyptus & Escondido
Vista, CA
☎ 760-726-8545
Year-round – Saturday

Walnut Creek Farmers' Market
Broadway Lane & Lincoln St.
Walnut Creek, CA
☎ 510-431-8361
Year-round – Sunday

Weaverville Farmers' Market
Main St. & Mill
Weaverville, CA
☎ 916-623-5947
Seasonal – Wednesday

Weed Farmers' Market
800 College Ave.
Weed, CA
☎ 916-938-5373
Seasonal – Thursday

West Covina Farmers' Market
S. Glendora Ave. & Lakes Dr.
West Covina, CA
☎ 626-338-8496
Year-round – Saturday

West Hollywood Farmers' Market
Plummer Park, 7377 Santa Monica Blvd.
West Hollywood, CA
☎ 213-848-6502
Year-round – Monday

Westchester Farmers' Market
87th St. & La Tierra
Westchester, CA
☎ 626-449-0179
Year-round – Wednesday

Westwood Village Farmers' Market
Weyburn Ave. & Westwood Blvd.
Los Angeles, CA
☎ 310-208-6115
Year-round – Thursday

Willits Farmers' Market
City Park at State & Commercial streets
Willits, CA
☎ 707-459-5470
Seasonal – Thursday

Whittier Farmers' Market
Greenleaf & Bailey streets
Whittier, CA
☎ 714-526-5814
Year-round – Friday

Woodland Farmers' Market
E. Gibson Rd. & East St.
Woodland, CA
☎ 530-661-6018
Seasonal – Tuesday and Saturday

Yorba Linda Farmers' Market
Lemon & Imperial Hwy.
Fullerton, CA
☎ 714-526-5814
Year-round – Saturday

Yuba City Farmers' Market
Center & Plumas streets
Yuba City, CA
☎ 916-671-3346
Seasonal – Saturday

Colorado

Alamosa Farmers' Market
Vocational School, Main & Bell streets
Alamosa, CO
☎ 719-589-3761
Seasonal – Saturday

Aurora Farmers' Market I
Fletcher Plaza, E. Colfax & Emporia
Aurora, CO

☎ 303-361-6169
Seasonal – Saturday

Aurora South Farmers' Market II
15324 E. Hampden Cr.
Aurora, CO
☎ 303-361-6169
Seasonal – Wednesday

Boulder County Farmers' Market
Central Park, 13th & Canyon Blvd.
Boulder, CO
☎ 303-942-1713
Seasonal – Wednesday and Saturday

Canon City Farmers' Market
Veterans Park
Canon City, CO
☎ 719-275-1514
Seasonal – Wednesday

Castle Rock Farmers' Market
Downtown area
Castle Rock, CO
☎ 303-660-7312
Seasonal – Friday

Cedaredge Farmers' Market
Downtown on Hwy. 65
Cedaredge, CO
☎ 970-856-3133
Seasonal – Saturday

Cherry Creek Farmers' Market
First & University, Sears parking lot
Cherry Creek, CO
☎ 303-449-1982
Seasonal – Wednesday and Saturday

Colorado Springs Farmers' Market I
Acacia Park, Bijou & Nevada streets
Colorado Springs, CO
☎ 719-598-4215
Seasonal – Monday

Colorado Springs Farmers' Market II
Bancroft Park, 24th St. & Colorado Blvd.
Colorado Springs, CO
☎ 719-598-4215
Seasonal – Saturday

Colorado Springs Farmers' Market III
Memorial Park
Pikes Peak Ave. & Union Blvd.
Colorado Springs, CO
☎ 719-598-4215
Seasonal – Thursday

Colorado Springs Farmers' Market IV
5225 E. Platte Ave.
Colorado Springs, CO
☎ 719-598-4215
Seasonal – Friday

Cortez Farmers' Markets (2 loc.)
25 N. Market St.; 109 W. Main St.
Cortez, CO
☎ 970-565-1151
Seasonal – Saturday

Delta Farmers' Market
12th & Meeker
Delta, CO
☎ 970-835-8538
Seasonal – Wednesday and Saturday

Denver Farmers' Market
16th & Market St.
Denver, CO
☎ 303-254-8451
Seasonal – Saturday

Dillon Farmers' Market
Marina Park
Dillon, CO
☎ 970-262-3403
Seasonal – Friday

Durango Farmers' Market
13th St. & 3rd Ave.
Durango, CO
☎ 970-529-8250
Seasonal – Saturday

Fort Collins Farmers' Market I
Mountain & Mason streets
Fort Collins, CO
☎ 970-493-1427
Seasonal – Saturday

Fort Collins Farmers' Market II
200 Foothills Parkway
Fort Collins, CO
☎ 970-498-6000
Seasonal – Sunday and Tuesday

Glenwood Springs Farmers' Market
1605 Grand Ave. (downtown)
Glenwood Springs, CO
☎ 970-876-2850
Seasonal – Saturday

Golden Farmers' Market
18301 W. Colfax Ave., Bldg. G
Golden, CO
☎ 303-871-1954
Seasonal – Saturday

Grand Junction Farmers' Market I
200 Main St.
Grand Junction, CO
☎ 970-243-2446
Seasonal – Friday

Grand Junction Farmers' Market II
2401 N. Ave.
Grand Junction, CO
☎ 970-243-2446
Seasonal – Wednesday and Saturday

Greeley Farmers' Market
902 7th Ave.
Greeley, CO
☎ 970-350-9783
Seasonal – Wednesday and Saturday

Littleton Farmers' Market I
I-25 & City Line Rd.
Littleton, CO
☎ 303-254-8451
Seasonal – Tuesday

Littleton Farmers' Market II
6905 S. Broadway
Littleton, CO
☎ 303-254-8451
Seasonal – Wednesday

Longmont Farmers' Market
Hover Rd. & Boston Ave.
Longmont, CO
☎ 970-532-0434
Seasonal – Tuesday and Saturday

Montrose Farmers' Market
N. Stough St.
Montrose, CO
☎ 303-249-9725
Seasonal – Wednesday and Saturday

Old Town Farmers' Market
5713 Old Wadsworth Blvd.
Arvada, CO
☎ 303-403-0290
Seasonal – Thursday

Paonia Farmers' Market
Paonia Center/Lamborn Building
Paonia, CO
☎ 970-527-6465
Seasonal – Tuesday

Pueblo Farmers' Market I
W. 6th St., Midtown Shopping Center
Pueblo, CO
☎ 719-583-6566
Seasonal – Friday

Pueblo Farmers' Market II
15th & Santa Fe, Mineral Palace Park
Pueblo, CO
☎ 719-583-6566
Seasonal – Tuesday

Teller County Farmers' Market
475 Sioux-Bear Trap Ranch
Florissant, CO
☎ 719-689-3133
Seasonal

Woodland Park Farmers' Market
Kavanaugh Field
Woodland Park, CO
No phone
Seasonal – Friday

Connecticut

Bethel Farmers' Market
67 Stony Hill Rd.
Bethel, CT
☎ 203-775-9166
Seasonal – Saturday

Bloomfield Farmers' Market
Town Hall, 800 Bloomfield Ave.
Bloomfield, CT
☎ 860-242-1505
Seasonal – Saturday

Bridgeport Farmers' Market I
Wall St.
Bridgeport, CT

☎ 860-672-6247
Seasonal – Friday

Bridgeport Farmers' Market II
United Congregational Church
877 Park Ave.
Bridgeport, CT
☎ 860-672-6247
Seasonal – Thursday

Bristol Farmers' Market
Middle St. at Stocks Playground
Bristol, CT
☎ 860-502-1062
Seasonal – Saturday
Danbury City Center Farmers' Market

The Danbury Green
Danbury, CT
☎ 203-792-1711
Seasonal – Monday

Danielson Farmers' Market
25 Westscott Rd,
Killingly Memorial Library
Danielson, CT
☎ 860-928-4101
Seasonal – Wednesday and Saturday

Darien Farmers' Market
CVS parking lot
Darien, CT
☎ 860-566-4845
Seasonal – Wednesday

Dudley Farmers' Market
2351 Durham Rd.
Cuilford, CT
☎ 860-566-4845
Seasonal – Tuesday and Saturday

East Hartford Farmers' Market
Raymond Memorial Library
East Hartford, CT
☎ 860-643-2207
Seasonal – Friday

Easton Farmers' Market
Sport Hill Rd.
Easton, CT
☎ 203-261-2156
Seasonal – Saturday

Ellington Farmers' Market
Ellington Congregational Church
Ellington, CT
☎ 860-566-4845
Seasonal – Wednesday and Saturday

Essex Farmers' Market
Essex Park, Main St.
Cromwell, CT
☎ 860-633-2375
Seasonal – Friday

Fairfield Farmers' Market
Greenfield Hills, 1950 Bronson Rd.
Fairfield, CT
☎ 860-566-4845
Seasonal – Saturday

Granby Farmers' Market
Granby Middle School, Routes 10/202
Granby, CT
☎ 860-566-4845
Seasonal – Saturday

Greenwich Farmers' Market
Horse Neck parking lot
Greenwich, CT
☎ 860-566-4845
Seasonal – Saturday

Hartford/Downtown Farmers' Market
Old State House
Hartford, CT
☎ 860-749-4186
Seasonal – Monday, Wednesday & Friday

Hartford/Park Street Farmers' Market
Walgreen's parking lot
Hartford, CT
☎ 860-749-4186
Seasonal – Monday

Hartford Regional Market
I-91, Exit 27
Hartford, CT
☎ 860-749-4186
Year-round

Hartford/South End Farmers' Market
Fox Manor parking lot
Hartford, CT
☎ 860-749-4186
Seasonal – Thursday

Kent Farmers' Market
Kent Green
Kent, CT
☎ 860-927-3986
Seasonal

Manchester Farmers' Market
Main & Forest St.
Manchester, CT
☎ 860-643-2207
Seasonal – Saturday

Meriden Farmers' Market
W. Main & Grove
Meriden, CT
☎ 203-237-5412
Seasonal – Saturday

Middletown Farmers' Market
S. Green on Old Church St.
Middletown, CT
☎ 860-267-8410
Seasonal – Tuesday and Friday

Mystic Farmers' Market
St. Mark's Episcopal Church, 15 Pearl St.
Mystic, CT
☎ 860-566-4845
Seasonal – Thursday

New Britain Farmers' Market
Main St. & Columbus Blvd.
New Britain, CT
☎ 860-653-4758
Seasonal – Thursday

New Haven Farmers' Market I
Orange St., Pitkin Plaza
New Haven, CT
☎ 203-272-2372
Seasonal – Wednesday and Saturday

New Haven Farmers' Market II
224 College St.
New Haven, CT
☎ 203-272-2372
Seasonal – Thursday

New London Farmers' Market
Eugene O'Neil Dr. & Pearl St.
New London, CT
☎ 860-739-4329
Seasonal – Tuesday and Friday

New Milford Farmers' Market
Town Hall, 10 Main St.
New Milford, CT
☎ 860-354-6951
Seasonal – Saturday

Niantic Farmers' Market
Green & Main St.
Niantic, CT
☎ 860-566-4845
Seasonal – Saturday

Norwalk Farmers' Market
N. Water St. parking lot
Norwalk, CT
☎ 860-672-6247
Seasonal – Wednesday

Norwich Farmers' Market
Salvation Army, 262 Main St.
Norwich, CT
☎ 860-633-2375
Seasonal – Wednesday

Plainfield Farmers' Market
14 Railroad Ave.
Plainfield, CT
☎ 860-566-4845
Seasonal – Tuesday

Putnam Farmers' Market I
Wal-Mart, Route 44
Putnam, CT
☎ 860-774-4363
Seasonal – Thursday

Putnam Farmers' Market II
Kennedy Dr. & Bridge St.
Putnam, CT
☎ 860-774-4363
Seasonal – Friday

Rowayton Farmers' Market
Rowayton Comm. Ctr., 33 Highland Ave.
Rowayton, CT
☎ 860-566-4845
Seasonal – Friday

Salisbury Farmers' Market
Chaiwalla Tea House, Main St.
Salisbury, CT
☎ 860-672-4959
Seasonal – Saturday

Seymour Farmers' Market
Main & Broad St.
Seymour, CT
☎ 203-929-3080
Seasonal – Tuesday

Shelton Farmers' Market
93 Canal St.
Shelton, CT
☎ 203-929-3080
Seasonal – Saturday

Stamford Farmers' Market
Columbus Park on Main & W. Park Pl.
Stamford, CT
☎ 860-526-9633
Seasonal – Monday and Thursday

Stonington Farmers' Market
Town Landing at fishing pier
Stonington, CT
☎ 860-566-4845
Seasonal – Saturday

Storrs Farmers' Market
St. Mark's Church, 42 N. Eagleville Rd.
Storrs, CT
☎ 860-429-1392
Seasonal – Saturday

Thomaston Farmers' Market
Town Hall at Main St.
Thomaston, CT
☎ 860-566-4845
Seasonal – Thursday

Torrington Farmers' Market
Torrington Plaza
Torrington, CT
☎ 860-672-4959
Seasonal – Saturday and Sunday

Tri-Town Farmers' Market
Tolland Ag Center, Route 30
Rockville, CT
☎ 860-455-0297
Seasonal – Wednesday

Trumbull Farmers' Market
Long Hill Green
Trumbull, CT
☎ 860-566-4845
Seasonal – Thursday

Wallingford Farmers' Market
Wal-Mart parking lot
Wallingford, CT
☎ 860-566-4845
Seasonal – Sunday

Waterbury Farmers' Market I
855 Lakewood Rd.
Waterbury, CT
☎ 860-589-0707
Seasonal – Thursday

Waterbury Farmers' Market II
65 Kingsbury St.
Waterbury, CT
☎ 860-566-4845
Seasonal – Friday

West Hartford Farmers' Market
LaSalle Rd. public parking
West Hartford, CT
☎ 860-653-6856
Seasonal – Tuesday, Thursday & Saturday

Weston Farmers' Market
Weston Elementary School
Weston, CT
☎ 860-566-4845
Seasonal – Saturday

Willimantic Farmers' Market
Jackson & Union streets
Willimantic, CT
☎ 860-455-9995
Seasonal – Tuesday and Saturday

Windsor/Wilson Farmers' Market
184 Windsor Ave.
Windsor, CT
☎ 860-566-4845
Seasonal – Tuesday

Winsted Farmers' Market
Ames Plaza, Route 44
Winsted, CT
☎ 860-824-7280
Seasonal

Delaware

Wilmington Farmers' Market
8th & Orange streets
Wilmington, DE
☎ 302-571-9088

Florida

Alachua County Farmers' Market (2 loc.)
NW 34th & US Hwy 441 (Sat. 8:30am-1pm); Butler Plaza (Tues. 2pm-dusk)
Gainesville, FL
☎ 352-371-8236

Boca Raton Green Market
SE 1st Ave. between 1st & 3rd streets
Boca Raton, FL
☎ 561-393-7827
Saturday 8am-1pm

Bonifay Farmers' Market
Hwy. 90
Bonifay, FL
☎ 805-547-2540
Year-round

Bradenton Farmers' Market
City Hall, W. Manatee Ave. & 15th St. W.
Bradenton, FL
☎ 941-748-5862
October-April, Saturday 8am-noon

Breakfast in Boynton and Green Market
E. Ocean Ave. at Civic Center Park
Boynton Beach, FL
☎ 561-742-6232
Two Saturdays a month; call for times

Clay County Seasonal Market
Clay County Fairgrounds
Green Cove Springs, FL
☎ 904-284-6355
End of May to mid-July, Sat. 8:30am-noon

Clearwater Farmers' Market
Station Square Park, N. side of Cleveland St. between East and Garden streets
Clearwater, FL
☎ 813-461-7674
Saturday

Coconut Grove Farmer's Market
19100 SW 137th Ave.
Miami, FL
☎ 305-238-7747
Saturday

Downtown Farmers' & Produce Market
Ponce De Leon Park, Monroe & Park Ave.
Tallahassee, FL 32312
☎ 850-980-8727
March-November, Saturday 8am-2pm

Farmers' Market of Downtown Kissimmee
Civic Center & Library parking lot
St. Cloud, FL 34769
☎ 407-892-1135
Thursday 7am-2pm

Florida City Farmers' Market
300 N. Krome Ave.
Florida City, FL
☎ 305-246-6334
Year-round

Fort Myers Downtown Farmers' Market
Centennial Park
Fort Myers, FL
☎ 941-332-6813
Daily, 7am-3pm

Fort Pierce Downtown Farmers' Market
Melody Lane Park on the Indian River
Fort Pierce, FL
☎ 561-465-7080
October-April; Saturday 8:00am-noon

Fort Walton Beach Farmers' Market
1958 Lewis Turner Blvd.
Ft. Walton Beach, FL
☎ 850-862-0211
Tuesday, Thursday and Saturday

Gadsden County Farmers' Market
US 90 West, Route 4
Quincy, FL
☎ 904-627-6484
Year-round

The Glades Green Market
401 SE 2nd St.
Belle Glade, FL
☎ 561-992-9500
October-May, Saturday 8am-noon

Haile Plantation Farmer's Market
5300 SW 91st St.
Gainesville, FL
☎ 352-331-1804
April-July, Thur. 4-7pm; & Nov.-end of autumn, Sat. 8:30am-noon

Historic Delray Green Market
W. Atlantic and NW 1st Ave.
Delray Beach, FL 33444
☎ 561-276-7511
Saturday 8am-1pm

Immokalee Farmers Market
424 New Market Rd.
Immokalee, FL 33934
☎ 904-657-3112
Year-round

Jackson County Growers
Cty. admin. lot, Madison & Jackson St.
Marianna, FL
☎ 850-592-8609
Tuesday, Thursday & Saturday at 7am

Jacksonville Farmers' Market
1780 W. Beaver St.
Jacksonville, FL
☎ 904-354-2821
Open all day, every day

Lake Worth Green Market
Lucerne at "L" St.
Lake Worth, FL
☎ 561-533-5272
Saturday 7am-noon

Lincoln Road Farmers' Market
600 block on Lincoln Rd.
Miami Beach, FL
☎ 305-532-1366
Sunday, 9am-5:30pm

Normandy Isle Farmers' Market
900 71st St.
Miami Beach, FL
☎ 305-532-1366
Saturday 9:30am-5pm

Okaloosa County Farmers' Market
1958 Lewis Turner Blvd.
Ft. Walton Beach, FL
☎ 850-862-0211
Seasonal – Tuesday, Thursday & Saturday

Old City Farmers' Market
1340 A1A South, next to amphitheater
St. Augustine, FL
☎ 904-824-8247
Saturday 8:30am-12:30pm

Orlando/Orange County Farmers' Market
Church St.
St. Cloud, FL
☎ 407-892-1135
Saturday 7am-1pm

Osceola County Farmers' Market
County Extention Office
Osceola, FL
☎ 407-847-2677
Seasonal – Friday

Palatka Farmers' Market
225 Hwy. 17 South
East Palatka, FL
☎ 904-329-3713
Year-round

Palmetto Farmers' Market
516 8th Ave. W.
Palmetto, FL
☎ 941-722-1227
Saturday 8:00am-noon

Pensacola Growers' Retail Market
901 Lewis Rd.
Milton, FL
☎ 850-623-3194
May-Oct.; Tues., Thur. & Sat. 6am-noon

Plant City State Farmers' Market
1305 W. Martin Luther King Jr. Blvd.
Plant City, FL
☎ 813-757-9027
Year-round

Pompano State Farmers' Market
1255 Atlantic Blvd.
Pompano Beach, FL
☎ 954-946-6570
Year-round

Port St. Lucie Community Farmers' Mkt
Port St. Lucie Community Center
Port St. Lucie, FL
☎ 561-871-5092
September-May, Saturday 7am-noon

Sanford Farmers' Market
1300 1A S. French Ave.
Sanford, FL
☎ 407-330-6783
Year-round

Santa Rosa County Farmers' Market
5500 US Hwy 90, 2 miles west of Milton
Milton, FL
☎ 850-623-3868
May-Aug.; Tues. & Thur. market opens at noon; Saturday opens at 9am

Sarasota Downtown Farmers' Market
Main St. and Lemon Ave.
Sarasota, FL
☎ 941-355-5522
Saturday 7am-noon

Sebring Farmers' Market
368 S. Commerce Ave.
Sebring, FL
☎ 941-471-5104
Saturday 7am-noon

St. Augustine Beach Farmers' Market
A1A at county pier parking lot
St. Augustine Beach, FL
☎ 904-471-3053
Wednesday 7:00am-12:30pm

Starke State Farmers' Market
2222 N. Temple Hwy.
Starke, FL
☎ 904-329-3713
Year-round

Sumter County Farmers' Market
524 N. Market Blvd.
Webster, FL
☎ 352-793-2021
Monday 8am-4pm

Suwannee County Farmers' Market
15569 184th St.
O'Brien, FL
☎ 904-776-2362
Saturday 8am-1pm at Coliseum/Ag Complex; Thursday 10am-5pm at Railroad Station Museum

Suwannee Valley-White Springs
2758 County Rd. 136
White Springs, FL
☎ 904-963-5903
Tuesday and Saturday

Tallahassee Farmer's Market
1415 Timberlane Rd. at Market Square
(¼ mile north of I-10 off US 319)
Cairo, GA 31728
☎ 912-377-2313
Tuesday, Thursday & Saturday 8am-6pm

Tampa Wholesale Produce Market
2801 E. Hillsborough Ave.
Tampa, FL
☎ 813-237-3314
Monday through Saturday 3am-10am

The Farmer's Market
1 Alhambra Plaza
Coral Gables, FL
☎ 305-460-5311
January-March; Saturday

Trenton State Farmers' Market
830 Northeast SR 47
Trenton, FL
☎ 352-963-5903
Seasonal

Union Street Farmers' Market
Sun Center, 20 SE 2nd Pl.
Gainesville, FL
☎ 904-462-3192
Year round – Wednesday 4pm-7pm

Volusia County Farmers' Market
3090 E. New York Ave.
Deland, FL
☎ 904-734-1614
Wednesday opens at 5:30am

West Palm Beach Green Market
Narcissus and Second streets
West Palm Beach, FL
☎ 561-659-8003
Seasonal; Saturday 7am-1pm

Winter Haven Downtown Farmers' Market
210 Cypress Gardens
Winter Haven, FL 33880
☎ 941-291-5656
Thursday

Winter Park Farmers' Market
200 W. New England Ave.
Winter Park, FL
☎ 407-623-3200
Saturday 7am-1pm

Georgia

Atlanta State Farmers' Market
16 Forest Parkway
Forest Park, GA
☎ 404-366-6910
Year-round

Augusta State Farmers' Market
1150 5th St.
Augusta, GA
☎ 706-721-3004
Year-round

Cairo State Farmers' Market
1110 N. Broad St.
Cairo, GA
☎ 912-377-4504
Year-round

Columbus State Farmers' Market
318 10th Ave.
Columbus, GA
☎ 404-649-7448
Year-round

Cordele State Farmers' Market
US Hwy. 41, North
Cordele, GA
☎ 912-276-2335
Year-round

Macon State Farmers' Market
2055 Eisenhower Parkway
Macon, GA
☎ 912-752-1097
Year-round

Moultrie State Farmers' Market
Quitman Hwy.
Moultrie, GA
☎ 912-891-7240
Year-round

Savannah State Farmers' Market
701 US Hwy. 80 West
Savannah, GA
☎ 912-966-7800
Year-round

Thomasville State Farmers' Market
502 Smith Ave.
Thomasville, GA
☎ 912-225-4072
Year-round

Hawaii

Hawaii does not offer an official list of farmers' markets. Check local listings for the state's many unsponsored events.

Idaho

Boise Farmers' Market (2 loc.)
Franklin & Curtis roads; 4106 Sand Creek
Boise, ID
☎ 208-939-1337
Seasonal – Saturday and Thursday

Boundary County Farmers' Market
Kootenai Ave. & Hwy. 95
Bonners Ferry, ID
☎ 208-267-7698
Seasonal – Saturday

Buhl Farmers' Market
716 Hwy. 30, East
Buhl, ID
☎ 208-543-6682
Seasonal – Wednesday

Capital City Public Market
Downtown, N. 8th St.
Boise, ID
☎ 208-345-9287
Seasonal – Saturday

Downtown Boise Farmers' Market
8th & Main St.
Boise, ID
☎ 208-345-9287
Seasonal – Wednesday

Emmett Farmers' Market
E. Main St.
Emmett, ID
☎ 208-365-3104
Seasonal – Saturday

Farmers' Market at Sandpoint
Farmin Park, 3rd & Main
Sandpoint, ID
☎ 208-263-8957
Seasonal – Wednesday and Saturday

Five Mile Farm & Greenhouse
Corner of Victory & Five Mile

Boise, ID 83707
☎ 208-362-3242
Seasonal – Friday, Saturday and Sunday

Glenns Ferry Farmers' Market
Corner of 1st St. & Commercial Ave.
Glenns Ferry, ID
☎ 208-366-2015
Seasonal – Friday

Growers Market of Idaho Falls
501 W. Broadway
Idaho Falls, ID
☎ 208-362-3242
Seasonal – Wednesday and Saturday

Hailey Farmers' Market
Hop Porter Park, Main St.
Hailey, ID
☎ 208-788-3917
Seasonal – Thursday

Hope Farmers' Market
Hwy. 200 & Centennial
Hope, ID
☎ 208-266-1564
Seasonal – Friday

Kendrick-Julietta Farmers' Market
Kendrick City Park
Kendrick, ID
☎ 208-289-5302
Seasonal – Friday

Kooski Farmers' Market
City Park on Front St.
Kooskia, ID
☎ 208-926-4813
Seasonal – Saturday

Kootenai County Farmers' Market (2 loc.)
Corner of Hwy. 95 & Prairie Ave.;
Rathdrum City Park
Kootenai, ID
☎ 208-772-9127
Seasonal – Tuesday and Saturday

Lewiston Farmers' Market
Community Center, 1424 Main St.
Lewiston, ID
☎ 208-276-7752
Seasonal – Wednesday

Main Street Market
Brackenbury Square, Main St.
Lewiston, ID
☎ 208-743-3582
Seasonal – Saturday

McCall Farmers' Market
Next to Gravity Sports
McCall, ID 83638
☎ 208-634-3078
Seasonal – Wednesday and Saturday

Moscow Farmers' Market
4th & Main
Moscow, ID
☎ 208-883-7036
Seasonal – Saturday

Nampa Farmers' Market
1st St. & 12th Ave., South
Nampa, ID
☎ 208-466-9337
Seasonal – Saturday

Southeast Idaho Farmers' Market
Centennial Plaza
Pocatello, ID
☎ 208-684-4357
Seasonal – Wednesday and Saturday

Twin Falls Farmers' Market
Kmart parking lot, 2318 Addison Rd.
Twin Falls, ID
☎ 208-734-8371
Seasonal – Tuesday and Saturday

Illinois

Alton Farmers' Market
Third St.
Alton, IL
☎ 618-462-5931
Seasonal

Ambroy Area C of C Farmers' Market
1554 Hillison Rd.
Ambroy, IL
☎ 815-857-3814
Seasonal

Anna Farmers' Market
Anna Chamber of Commerce
Anna, IL

☎ 217-833-2525
Seasonal

Aurora Farmers' Market
233 N. Broadway
Aurora, IL
☎ 708-844-3640
Seasonal

Barlett Farmers' Market
228 S. Main St.
Bartlett, IL
☎ 630-837-0800
Seasonal

Barrington Farmers' Market
308 W. Main
North Barrington, IL
☎ 847-381-3830
Seasonal

Batavia Farmers' Market
214 N. Lincoln St.
Batavia, IL
☎ 630-406-5997
Seasonal

Carbondale Farmers' Market
10160 Old Hwy.
Carbondale, IL
☎ 618-687-4281
Seasonal

Carlinville Farmers' Market
220 N. Broad
Carlinville, IL
☎ 217-854-2571
Seasonal

Centralia Farmers' Market
2nd & Locust streets
Dubois, IL
☎ 618-485-2785
Seasonal

Champaign Downtown Farmers' Market
115 N. Neil
Champaign, IL
☎ 217-359-0736
Seasonal

Champaign - Old Farm Farmers' Market
303 S. Mattis
Champaign, IL
☎ 217-352-3182
Seasonal

Charleston Farmers' Market
829 Olean Place
Charleston, IL
☎ 217-345-7181
Seasonal

Chicago Farmers' Market, Austin
Iowa & Central
Chicago, IL
☎ 312-744-9187
Seasonal

Chicago Farmers' Market, Beverly
Southwest at 95th St. & Langwood Dr.
Chicago, IL
☎ 312-744-9187
Seasonal – Sunday

Chicago Farmers' Market, Bucktown/
Wicker Park, Wabansia & Ashland
Chicago, IL
☎ 312-744-9187
Seasonal – Sunday

Chicago Farmers' Market, Daley Plaza
N. Washington/Dearborn & Clark
Chicago, IL
☎ 312-744-9187
Seasonal – Thursday

Chicago Farmers' Market, East Side
St. Francis, 102nd St./H & J avenues
Chicago, IL
☎ 312-744-9187
Seasonal – Tuesday

Chicago Farmers' Market, Edgewater
Winthrop & Thorndale
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Englewood
63d & Halsted
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Federal Plaza
Dearborn & Adams
Chicago, IL
☎ 312-744-9187
Seasonal – Tuesday

Chicago Farmers' Market, Gately
103rd & Cottage Grove
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Hyde Park
52nd Place & Harper
Chicago, IL
☎ 312-744-9187
Seasonal – Thursday

Chicago Farmers' Market, Jefferson Park
Milwaukee & Ainslie
Chicago, IL
☎ 312-744-9187
Seasonal – Tuesday

Chicago Farmers' Market, Lawnsdale
1200 S. Homan & 3400 W. Roosevelt
Chicago, IL
☎ 312-744-9187
Seasonal – Wednesday

Chicago Farmers' Market, Lincoln Park
Stockton Dr.
Chicago, IL
☎ 312-744-9187
Seasonal – Sunday

Chicago Farmers' Mkt., Lincoln Park Zoo
2200 N. Cannon at Stockton Dr.
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Lincoln Square
Lincoln & Leland streets
Chicago, IL
☎ 312-744-9187
Seasonal – Tuesday

Chicago Farmers' Market, Logan Square
Milwaukee & Kedzie
Chicago, IL
☎ 312-744-9187
Seasonal – Wednesday

Chicago Farmers' Market, Loyola/Rogers Pk
Arthur & Sheridan
Chicago, IL
☎ 312-744-9187
Seasonal – Sunday

Chicago Farmers' Market, Morgan Park/
Beverly, 95th & Ashland
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Mt. Greenwood
111th and Christiana
Chicago, IL
☎ 312-744-9187
Seasonal

Chicago Farmers' Market, Navy Pier
Grand & Lake Michigan
Chicago, IL
☎ 312-744-9187
Seasonal

Chicago Farmers' Market, Near No. Side
Division & Dearborn
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Near Southside
2900 Martin Luther King Dr.
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, N. Center
Damen & Lincoln
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, North Chicago
6200 N. Leavitt
Chicago, IL
☎ 312-744-9187
Seasonal

Chicago Farmers' Market, N. Halsted
Broadway, Halsted & Grace
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Printer's Row
Polk and Federal
Chicago, IL
☎ 312-744-9187
Seasonal – Saturday

Chicago Farmers' Market, Prudential Plaza
Lake St. & Beaubien Ct.
Chicago, IL
☎ 312-744-9187
Seasonal – Thursday

Chicago Farmers' Market, South Shore
71st & Jeffrey
Chicago, IL
☎ 312-744-9187
Seasonal – Wednesday

Chicago Farmers' Market, Southeast
90th & Commercial
Chicago, IL
☎ 312-744-9187
Seasonal

Chicago Farmers' Market, Six Corners
Clover St.
Chicago, IL
☎ 312-744-9187
Seasonal

Chicago Farmers' Market, Back Yard
1200 W. 47th & 4700 S. Justine
Chicago, IL
☎ 312-744-9187
Seasonal

City of Morrison
200 W. Main
Morrison, IL
☎ 815-772-7657
Seasonal

Clark County Farmers' Market
Clark County Extension Center
Marshall, IL
Seasonal – Saturday

Coal City Farmers' Market
365 S. Will Rd.
Coal City, IL
☎ 708-634-4486
Seasonal

Cobden - Farmers' Market of Carbondale
Rural Route 2
Cobden, IL
☎ 618-893-4281
Seasonal

Colonial Village Farmers' Market
1100 S. Alpine
Rockford, IL
☎ 217-398-3350
Seasonal

Cook Park Farmers' Market
Main St.
Libertyville, IL
☎ 847-680-0336
Seasonal

Country Club Hills Farmers' Market
183rd & Pulaski Ave.
Country Club Hills, IL
☎ 708-799-8171
Seasonal

Country Fair Farmers' Market
1380 N. County Rd.
Tuscola, IL
☎ 217-253-2623
Seasonal

Crete Park Farmers' Market
Main & Exchange
Crete, IL
☎ 708-672-6969
Seasonal

Crystal Lake Farmers' Market
86 N. Williams St.
Crystal Lake, IL
☎ 815-477-1612
Seasonal

Daley Plaza Farmers' Market
Des Plaines C of C, 1401 Oakton St.
Des Plaines, IL
☎ 708-824-4200
Seasonal

Danville Farmers' Market
7 E. North St.
Danville, IL
☎ 217-443-3886
Seasonal

Deerfield Farmers' Market
Deerfield & Robert York
Deerfield, IL
☎ 847-945-5000
Seasonal

DeKalb/Duck Soup Co-op Farmers' Mkt.
129 E. Hillcrest
DeKalb, IL
☎ 815-756-7044
Seasonal

Des Plaines Community Senior Center
515 E. Thacker St.
Des Plaines, IL
☎ 708-391-5717
Seasonal

Dixon Farmers' Market
414 W. 3rd St.
Dixon, IL
☎ 815-288-5043
Seasonal – June 17-November 1

Downers Grove Farmers' Market
Main St. Metro Station, Lot B
Downers Grove, IL
☎ 708-968-8400
Seasonal

East Dundee/Old Dundee Farmers' Market
319 N. River St.
East Dundee, IL
☎ 708-426-2255
Seasonal

Edwards County Farmers' Market
350 N. 7th St.
Albon, IL
☎ 618-445-2934
Seasonal

Edgebrook CTN Farmers' Market
1639 N. Alpine
Rockford, IL
☎ 217-226-0212; 217-398-9896
Seasonal

Elmhurst Farmers' Market
536 S. York (Firstar Bank)
Elmhurst, IL
☎ 708-833-2200
Seasonal

Evanston Market
Maple Ave.
Evanston, IL
☎ 312-866-2936
Seasonal

Farm Market
Courthouse Square
Lawrenceville, IL
☎ 618-928-2429
Seasonal

Frankfort Farmers' Market
119 W. Nebraska St.
Frankfort, IL
☎ 815-469-2424
Seasonal

Galena Farmers' Market
Historic Market House, Commerce St.
Galena, IL
☎ 815-777-1270
Seasonal

Galesburg Farmers' Market
292 E. Simmons
Galesburg, IL 61401
☎ 309-343-9189
Seasonal

Georgetown Farmers' Market
14859 E. 600, North
Georgetown, IL
☎ 217-662-2598
Seasonal

Gibson City Farmers' Market
315 N. Wood St.
Gibson City, IL
☎ 217-784-8555
Seasonal

Glencoe Farmers' Market
675 Village Ct.
Glencoe, IL
☎ 847-835-3333
Seasonal

Glenview Farmers' Market
1936 Dewes Rd.
Glenview, IL
☎ 708-724-9050
Seasonal

Golconda Farmers' Market
Courthouse lawn
Golconda, IL
☎ 618-683-6246
Seasonal

Grayslake Farmers' Market
S. Slusser St.
Grayslake, IL
☎ 847-548-2858
Seasonal – Wednesday

Hamilton County Farmers' Market
Courthouse Square
McLeansboro, IL
☎ 618-643-3416
Seasonal

Hawthorne Woods Farmers' Market
Public Works Building parking lot
Hawthorne, IL
☎ 847-438-0287
Seasonal

Hinsdale Farmers' Market
22 E. First St.
Hinsdale, IL
☎ 630-323-3952
Seasonal

Homewood Farmers' Market
2020 Chestnut Dr.
Homewood, IL
No phone
Seasonal

Jacksonville Downtown Farmers' Market
RR 1, W. Morton Rd.
Chapin, IL
☎ 217-245-7589
Seasonal

Joliet Farmers' Market
Van Buren and Chicago
Joliet, IL
☎ 815-723-1800
Seasonal

Kankakee Farmers' Market
Rural Route 6
Kankakee, IL
☎ 815-935-1700
Seasonal

Kewanee Farmers' Market
Route 78, Wal-Mart
Kewanee, IL
☎ 309-853-1533
Seasonal

Lagrange Park Farmers' Market
53 S. LaGrange Rd.
LaGrange, IL
☎ 708-352-0494
Seasonal

Lake Zurich Farmers' Market
Midlothian & E. Main
Lake Zurich, IL
☎ 847-438-5572
Seasonal

Lambs Farm Farmers' Market
I-94 & Route 176
Libertyville, IL
☎ 847-362-1636
Seasonal – Wednesday

Land of Goschen Farmers' Market
3457 Edwardsville Rd.
Edwardsville, IL
☎ 618-656-1875
Seasonal

Latham Park Farmers' Market
303 S. Kickapoo St.
Lincoln, IL
☎ 217-735-2385
Seasonal

Lincoln Farmers' Market
1229 875th St.
Lincoln, IL
☎ 217-732-9081
Seasonal

Lincoln Square Merchants Assoc.
1 Lincoln Square
Urbana, IL
No phone
Seasonal

Lincoln Square Farmers' Market
Lincoln Square
Chapin, IL
☎ 217-245-7589
Seasonal

Macomb Development Corp. Market
Macomb Square
Macomb, IL
☎ 309-837-2874
Seasonal

Marengo - Brookfield Farmers' Market
2602 Hawthorne Rd.
Marengo, IL
☎ 815-568-6782
Seasonal

McLeansboro Farmers' Market
Town Square
McLeansboro, IL
☎ 618-643-3416
Seasonal

Moline Farmers' Market
5000 23rd Ave.
Moline, IL
☎ 309-658-2593
Seasonal

Monroe County Farmers' Market
3rd St. near Courthouse
Waterloo, IL
☎ 618-281-4147
Seasonal

Monroe County Farmers' Market
229 N. Main, Ace Hardware parking lot
Columbia, IL
☎ 618-281-6150
Seasonal

Morrison City Council Market
200 W. Main
Morrison, IL
☎ 815-772-7657
Seasonal

Morris Downtown Farmers' Market
112 E. Washington
Morris, IL
☎ 708-942-0113
Seasonal

Mt. Carroll Farmers' Market
808 S. Johnson
Mt. Carroll, IL
☎ 217-244-5941
Seasonal

Mt. Vernon Farmers' Market
3403 Broadway
Mt. Vernon, IL
No phone
Seasonal

Murphysboro Chamber of Commerce
100 N. 11th St.
Murphysboro, IL
☎ 618-684-6421
Seasonal

Murphysboro Farmers' Market
Rural Route 3
Murphysboro, IL
☎ 618-687-3234
Seasonal

Naperville Farmers' Market
200 E. Fifth Ave.
Naperville, IL
☎ 708-369-5638
Seasonal

Nashville Chamber of Commerce Market
South side of Courthouse
Nashville, IL
☎ 618-327-8826
Seasonal

Northfield Farmers' Market
361 Happ Rd.
Northfield, IL
☎ 708-446-9200
Seasonal

Oak Lawn Farmers' Market
52d & Cook avenues
Oak Lawn, IL
☎ 708-499-7738
Seasonal

Oak Park Farmers' Market
1 Village Hall Plaza
Oak Park, IL
☎ 312-383-6400
Seasonal

Old Farm Farmers' Market
303 S. Mattis
Champaign, IL
☎ 217-352-3182
Seasonal

Ottawa Area C of C Farmers' Market
100 W. Lafayette
Ottawa, IL
☎ 815-496-9341
Seasonal

Palatine Farmers' Market
On Palatine Rd. at Bothwell & Brockway
Palatine, IL
☎ 847-359-9051
Seasonal

Palos Park Farmers' Market
12312 S. 88th Ave.
Palos Park, IL
☎ 708-448-5200
Seasonal

Park Forest Farmers' Market
Lakewood Blvd., Orchard Dr.
Park Forest, IL
☎ 708-748-1118
Seasonal

Park Ridge Farmers' Market
Main St.
Park Ridge, IL
☎ 847-318-5201
Seasonal

Paxton Farmers' Market
N. Market St.
Paxton, IL
☎ 217-379-2666
Seasonal

Peoria Metro Centre Market
4700 N. University, Metro Mall
Peoria, IL
☎ 309-692-6690
Seasonal

Petersburg C of C Farmers' Market
125 7th
Petersburg, IL
☎ 217-632-5444
Seasonal

Polo Farmers' Market
115 S. Franklin
Polo, IL
☎ 815-946-3514
Seasonal

Pontiac Farmers' Market
205 N. Mill St.
Pontiac, IL
☎ 815-844-6692
Seasonal

Prairie Crossing Farmers' Market
Byron Colby Barn, Rt. 45, Jones Point Rd.
Grayslake, IL
☎ 847-548-5400
Seasonal

Princeton Area Farmers' Market
435 S. Main
Princeton, IL
☎ 815-879-8656
Seasonal

Quincy - Uptown Farmers' Market
110 N. 6th St.
Quincy, IL
☎ 217-964-2207
Seasonal

Rantoul C of C Farmers' Market
117 N. Gerraud
Rantoul, IL
☎ 217-893-3323
Seasonal

Ravinia Farmers' Market
477 Roger Williams Ave.
Highland Park, IL
☎ 708-432-5570
Seasonal

Richland Company Farmers' Market
3808 N. Higgin Switch Rd.
Olney, IL
☎ 618-395-4896
Seasonal

Rushville Farmers' Market
Central Park Square
Rushville, IL
☎ 217-322-6277
Seasonal

Rockford - Shumway Farmers' Market
5633 Linden Rd.
Rockford, IL
☎ 815-874-2677
Seasonal

Savanna Farmers' Market
1504 Colewood
Savanna, IL
☎ 217-273-7151
Seasonal

Schaumburg Farmers' Market
101 Schaumburg Ct.
Schaumburg, IL
☎ 708-894-4500
Seasonal

Skokie Farmers' Market
5127 Oakton St.
Skokie, IL
☎ 708-933-8240
Seasonal

Springfield Farmers' Market
Downtown Square
Springfield, IL
☎ 217-789-2255
Seasonal

St. Bernadine Farmers' Market
7246 W. Harrison St.
Forest Park, IL
☎ 312-366-0839
Seasonal

Steeleville Farmers' Market
326 W. Broadway
Steeleville, IL
☎ 618-965-3461
Seasonal

Stockton Farmers' Market
100 Matilda Dr.
Stockton, IL
☎ 815-947-3544
Seasonal

Union County Farmers' Market
125 Davie St.
Anna, IL
☎ 618-833-6311
Seasonal

Utica Farmers' Market
Route 178, Johnson & Washington streets
Utica, IL
☎ 815-667-4356
Seasonal

Vandalia Main St. Prog. Farmers' Market
Corner at 5th & Johnson St.
Vandalia, IL
☎ 618-283-2515
Seasonal – June 6-October 31

Villa Park Farmers' Market
11 W. Home Ave.
Villa Park, IL
☎ 708-832-6452
Seasonal

Village Green Farmers' Market
E. Center Ave.
Lake Bluff, IL
☎ 847-234-0774
Seasonal

Wateska Chamber of Commerce Market
127 E. Walnut St.
Wateska, IL
☎ 815-432-2416
Seasonal

Wayne County Farmers' Market
Courthouse Square
Fairfield, IL
☎ 618-842-3702
Seasonal

Westgate Plaza Farmers' Market
Westgate Plaza
Streator, IL
☎ 815-674-1628
Seasonal

Wheaton Farmers' Market
331 W. Wesley St.
Wheaton, IL
☎ 708-668-2739
Seasonal

Wilmette Farmers' Market
Central Ave. & Green Bay Rd.
Evanston, IL
☎ 847-251-3800
Seasonal

Winfield - Prairie Trail Farmers' Market
Corner Geneva & County Farm roads
Winfield, IL
☎ 708-260-1900
Seasonal

Woodstock Farmers' Market
Washington St.
Woodstock, IL
☎ 815-338-5164
Seasonal

Worth Farmers' Market
11139 S. Harlem
Worth, IL
☎ 708-448-1181
Seasonal

Indiana

Anderson: The Original Farmers' Market
Lot of UAW Local 662, 109 Bypass
Anderson, IN
☎ 765-649-2100
Seasonal – Saturday

Auburn Farmers' Market
Courthouse Square
Auburn, IN
Seasonal – Wednesday and Saturday

Barr Street Market
700 Barr St.
Fort Wayne, IN
☎ 219-426-2882
Seasonal – Wednesday and Saturday

Bedford Farmers' Market I
Stone City Mall
Bedford, IN
☎ 812-275-0556
Seasonal – Tuesday and Thursday

Bedford Farmers' Market II
Courthouse Square
Bedford, IN
☎ 812-279-9222
Seasonal – Saturday

Bloomington Wednesday Farmers' Market
Bloomingfoods parking lot
Bloomington, IN
☎ 812-336-5400
Seasonal – Wednesday

Bloomington Eastside Farmers' Market
Bloomingfoods parking lot
Bloomington, IN
☎ 812-336-5400
Seasonal – Saturday

Bloomington Community Farmers' Market
401 N. Morton
Bloomington, IN
☎ 812-349-3738
Seasonal – Saturday

Bristol Farmers' Market
Main St., across from Bristol Museum
Bristol, IN
☎ 219-848-4538
Seasonal – Thursday

Broad Ripple Farmers' Market
Broad Ripple Brew Pub, 65th & Cornell
Indianapolis, IN
☎ 317-254-9939; 317-253-2739
Seasonal – Saturday

Cass County Farmers' Market (2 locations)
US 24 East (Wal-Mart parking lot) and
E. Market St. (Nat'l City Bank lot)
Logansport, IN
☎ 219-739-1211
Seasonal – Tuesday, Thursday & Saturday

Columbus Downtown Farmers' Market
4th St., downtown parking lot
Columbus, IN
☎ 812-376-2618
Seasonal – Saturday

Connersville/Fayette Cty. Farmers' Market
Fifth Third Bank parking lot
Connersville, IN
☎ 765-825-0546
Seasonal – Saturday

Corydon Farmers' Market I
Parking lot of Jay-C Store, Old Capital
Plaza Shopping Center
Corydon, IN
☎ 812-968-3693
Seasonal – Friday and Saturday

Corydon Farmers' Market I
E. side of Courthouse Square on Beaver
St. Corydon, IN
☎ 812-968-3693
Seasonal – Tuesday

Crawfordsville Farmers' Market
C of C parking lot, Washington St.
Crawsfordsville, IN

☎ 765-362-0283
Seasonal – Saturday

Crown Point Farmers' Market
Main St., south of Courthouse Square
Crown Point, IN
☎ 219-663-1800
Seasonal – Saturday

Danville Farmers' Market
Courthouse Square
Danville, IN
☎ 317-745-0670
Seasonal – Wednesday and Saturday

Dwntwn No. Manchester Farmers' Market
Main St. in front of Antiques Mall
North Manchester, IN
☎ 219-982-7644
Seasonal – Saturday

Elkhart Community Farmers' Market
Corner of Second and High streets
Elkhart, IN
☎ 219-295-8701
Seasonal – Saturday

Fishers Farmers' Market
Fishers Train Station
Fishers, IN
☎ 317-595-3102
Seasonal – Saturday

Franklin County Farmers' Market
Eagles parking lot, Main St.
Brookville, IN
☎ 765-647-5961/5713
Seasonal – Saturday

Greenfield Farmers' Market
Greenfield Courthouse (east side)
Greenfield, IN
☎ 317-462-1113
Seasonal – Wednesday and Saturday

Greenwood Farmers' Market
Old Town Greenwood
Whiteland, IN
☎ 317-535-8495
Seasonal – Wednesday and Saturday

Highland Farmers' Market
Main Square Parks parking lot
Highland, IN
☎ 219-838-0114
Seasonal – Tuesday

Howe Farmers' Market
Town Park in Howe
Howe, IN
☎ 219-562-3882
Seasonal – Saturday

Indianapolis Farmers' Market
Fall Creek Parkway near 38th St.
Indianapolis, IN
☎ 317-274-7746
Year-round

Jeffersonville Farmers' Market
Warder Park, Court & Spring streets
Jeffersonville, IN
☎ 812-293-3131
Seasonal – Tuesday and Saturday

Jennings County Farmers' Market
North Vernon City Park
North Vernon, IN
☎ 812-346-3455
Seasonal – Wednesday, Friday & Saturday

Knox County Farmers' Market
Old State Bank parking lot on 2nd St.
Vincennes, IN
☎ 812-769-3251
Seasonal – Wednesday and Saturday

Kosciusko County Farmers' Market
West edge of County Fairgrounds
Warsaw, IN
☎ 219-267-4170; 219-563-1102
Seasonal – Monday, Wednesday & Saturday

Lafayette Farmers' Market
5th St. between Main and Columbia
Lafayette, IN
☎ 765-742-2313
Seasonal – Tuesday, Thursday & Saturday

LaGrange Community Farmers' Market
E. Spring St.
LaGrange, IN
☎ 219-463-3914
Seasonal – Saturday

LaPorte Farmers' Market
Downtown, State St., north of Courthouse
LaPorte, IN
☎ 219-362-8220
Seasonal – Saturday

Lawrenceburg Farmers' Market
Lawrenceburg Public Library
Lawrenceburg, IN
☎ 812-537-2775
Seasonal – Saturday

Madison Farmers' Market
Courthouse Square, E. Main & Jefferson
Madison, IN
☎ 812-265-8317
Seasonal – Tuesday, Thursday & Saturday

Michigan City Farmers' Market
8th & Washington streets
Michigan City, IN
☎ 219-874-3647
Seasonal – Saturday

New Albany Farmers' Market
Market & Bank streets
Elizabeth, IN
☎ 812-969-2049
Seasonal – Tuesday & Thursday-Saturday

Noblesville Farmers' Market
City Hall lot, 10th & Conner streets
Noblesville, IN
☎ 317-776-0205/0205
Seasonal – Saturday

The Original Farmers' Market at
Indianapolis City Market
222 E. Market St. (East Plaza)
Indianapolis, IN
☎ 317-634-9266
Seasonal – Wednesday

Pendleton Farmers' Market
Depot Park
Pendleton, IN
☎ 765-778-3762
Seasonal – Saturday

Peter's Farmers' Market
8505 Keystone Crossing Blvd.
Indianapolis, IN
☎ 317-465-1155
Seasonal – Saturday

Portland Farmers' Market
1600 N. Meridian St.
Portland, IN
☎ 219-726-4707
Seasonal – Wednesday, Friday & Saturday

Princeton Farmers' Market
Brumfield Ave. & Embree
Princeton, IN
☎ 812-385-4428
Seasonal – Monday through Saturday

Putnam County Farmers' Market
Robe Ann Park Shelter 2, Bloomington St.
Greencastle, IN
☎ 765-653-3011
Seasonal – Saturday

Rensselaer Farmers' Market
Courthouse Square, south sidewalk
Rensselaer, IN
☎ 219-866-4507
Seasonal – Saturday

Richmond Farmers' Market
N. E & N. 8th streets
Richmond, IN
☎ 765-966-0511 or 935-3721
Seasonal – Saturday

Rising Sunday Farmers' Market
Downtown, Main & Walnut streets
Rising Sunday, IN
☎ 812-438-2750
Seasonal – Saturday

Shelbyville Farmers' Market
Downtown Square
Shelbyville, IN
☎ 317-398-4911
Seasonal – Wednesday and Saturday

South Bend Farmers' Market
1105 Northside Blvd.
South Bend, IN
☎ 219-282-1259
Seasonal – Tuesday & Thursday-Saturday

South Side Farmers' Market
3300 Warsaw St.

Fort Wayne, IN
☎ 219-749-1776
Seasonal – Saturday

Tell City Farmers' Market (2 loc.)
Twilight Towers; Tell City Hall
Cannelton, IN
☎ 812-547-7028
Seasonal – Wednesday and Saturday

Tipton County Farmers' Market
Tipton City parking lot on E. Jefferson St.
Tipton, IN
☎ 765-675-2694
Seasonal – Wednesday and Saturday

Valparaiso Farmers' Market
Porter County Courthouse
Valparaiso, IN
☎ 219-465-7174
Seasonal

Vevay Farmers' Market
Courthouse Square on Main
Vevay, IN
☎ 800-435-5688
Seasonal – Monday through Saturday

Wabash Farmers' Market
Market St.
Wabash, IN
☎ 219-563-1102
Seasonal – Saturday

Washington County Farmers' Market
Gilstrap Shopping Center
Salem, IN
☎ 812-883-4601
Seasonal – Tuesday and Saturday

Zionsville Farmers' Market
First and Hawthorne streets
Zionsville, IN
☎ 317-873-3311
Seasonal – Saturday

Iowa

Ackley Farmers' Market
Band Shell Park, Main St.
Ackley, IA
☎ 515-847-2533
Seasonal – Thursday

Akron Farmers' Market
City Park
Akron, IA
☎ 712-568-2472
Seasonal – Wednesday

Ames Downtown Farmers' Market
Parking lot, corner of Kellogg & Main St.
Akron, IA
☎ 515-382-3246
Seasonal – Monday

Ames Farmers' Market
North Grand Mall parking lot
Ames, IA
☎ 515-232-1388
Seasonal – Wednesday and Saturday

Anita Farmers' Market
Southeast corner of City Park, E. Main
Anita, IA
☎ 712-243-5089
Seasonal – Monday

Ankeny Farmers' Market
3rd & Walnut streets
Ankeny, IA
☎ 515-964-4595
Seasonal – Wednesday

Atlantic Garden Market
Cass County Fairgrounds, 10th & Palm
Atlantic, IA
☎ 712-783-4413
Seasonal – Tuesday and Saturday

Audubon Farmers' Market
East side of City Park
Audubon, IA
☎ 712-563-3344
Seasonal – Thursday

Bayard Farmers' Market
3rd St. & 1st Ave.
Bayard, IA
☎ 712-651-2915
Seasonal – Saturday and Sunday

Belle Plaine Farmers' Market
Franklin Park
Belle Plaine, IA
(319) 444-2616
Seasonal – Friday

Bellevue Farmers' Market
Gazebo on Riverview St.
Bellevue, IA
(319) 872-4456
Seasonal – Saturday

Belmond Area Farmers' Market
West side of City Park
Belmond, IA
☎ 515-495-6367
Seasonal – Thursday

Bettendorf Farmers' Market
West entrance of Glenroads Shopping Mall, 3400 block of Middle Rd.
Bettendorf, IA
☎ 319-264-1301
Seasonal – Wednesday

Black Hawk Farmers' Market
Earl May parking lot, 2501 Melrose Dr., north side of University Ave.
Cedar Falls, IA
☎ 319-232-6371
Seasonal – Wednesday

Boone Farmers' Market Association
Wal-Mart lot, S. Story St. & Hwy 30
Boone, IA
☎ 515-432-4480
Seasonal – Thursday

Buchanan County Farmers' Market
West side of Wapsipinicon Mill
Independence, IA
☎ 319-474-2306
Seasonal – Tuesday

Carroll Farmers' Market
Westgate Mall, Hwy. 30 & Carroll St.
Carroll, IA
☎ 712-792-2917
Seasonal – Wednesday and Saturday

Cartwright Pavilion Farmers' Market
2nd Ave. & State St.
Marshalltown, IA
☎ 515-753-9364
Seasonal – Wednesday and Saturday

Cedar County Farmers' Market
Parking lot east of Courthouse
Tipton, IA
☎ 319-886-2076
Seasonal – Saturday

Cedar Falls Farmers' Market
Overman Park on 3rd St.
Cedar Falls, IA
☎ 319-266-5944
Seasonal – Saturday

Cedar Rapids City Market
1350 A St. SW at Riverside Roundhouse
Cedar Rapids, IA
☎ 319-286-5731
Seasonal – Tuesday, Thursday & Saturday

Chariton Farmers' Market
South side of Courthouse Square
Chariton, IA
☎ 515-774-2478
Seasonal – Wednesday and Saturday

Charles City Farmers' Market
Theisens parking lot
Charles City IA
☎ 515-228-1453
Seasonal – Wednesday and Saturday

Clarinda Farmers' Market
East side of Courthouse Square
Clarinda, IA
☎ 712-542-5289
Seasonal – Tuesday and Saturday

Clarion Farmers' Market
Courthouse Square
Clarion, IA
☎ 515-532-2256
Seasonal – Saturday

Clarke County Farmers' Market
Southeast corner of Courthouse Square
Osceola, IA
☎ 515-342-2909
Seasonal – Tuesday and Saturday

Clarksville Farmers' Market
Main & Poisal streets
Clarksville, IA
☎ 319-278-1137
Seasonal – Saturday

Clear Lake Farmers' Market
City Hall east lot, N. 8th & Main streets

Clear Lake, IA
☎ 515-357-3946
Seasonal – Saturday and Wednesday

Coralville Farmers' Market
Morrison Park, swimming pool parking lot
Coralville, IA
☎ 319-354-3006
Seasonal – Monday and Thursday

Crossroads Farmers' Market
Crossroads Shopping Center, Sears lot
Waterloo, IA
☎ 319-296-1840
Seasonal – Tuesday and Thursday

Davis County Farmers' Market
North of Courthouse area
Bloomfield, IA
☎ 515-676-3750
Seasonal – Tuesday and Saturday

Decorah Farmers' Market
City Park north of Municipal Building
Decorah, IA
☎ 319-382-4899
Seasonal – Wednesday and Saturday

Denison Farmers' Market
Corner of 12th St. & Hwy. 30
Denison, IA
☎ 712-263-5621
Seasonal – Thursday

Dexter Farmers' Market
City Park
Dexter, IA
☎ 515-789-4228
Seasonal – Tuesday
Downtown Des Moines Farmers' Market

4th & Court avenues
Des Moines, IA
☎ 515-245-6625
Seasonal – Saturday

Downtown Farmers' Market
200 block of Jefferson St.
Burlington, IA
☎ 319-752-0015
Seasonal – Friday

Downtown Urbandale Farmers' Market
Welter Office Supply lot, 70th & Douglas
Urbandale, IA
☎ 515-276-0280
Seasonal – Monday

Downtown Waterloo Farmers' Market
Union Planters Bank lot between E. 4th St. & Park Ave.
Waterloo, IA
☎ 319-236-0559
Seasonal – Saturday

Drake Neighborhood Market
1st Christian Church, 25th & University St.
Des Moines, IA
☎ 515-279-3015
Seasonal – Wednesday

Dubuque Main Street Ltd.
13th St. between Central & Iowa streets
Dubuque, IA
☎ 319-588-4400
Seasonal – Saturday

Dubuque Westside Farmers' Market
Cty. Fairgrounds, 14583 Old Hwy. Rd.
Dubuque, IA
☎ 319-583-5454
Seasonal – Tuesday and Thursday

Dysart Farmers' Market
Community Building, Main St.
Dysart, IA
☎ 319-476-3628
Seasonal – Tuesday

Eldora Farmers' Market
North side of Courthouse Square
Eldora, IA
☎ 515-859-7153
Seasonal – Thursday

Estherville Farmers' Market
409 Central Ave., Ace Hardware parking lot Estherville, IA
☎ 712-867-4410
Seasonal – Thursday and Saturday

Evansdale Farmers' Market
3520 Lafayette St., Ledemen's Store
Evansdale, IA

☎ 319-236-3087
Seasonal – Wednesday and Saturday

Exira Farmers' Market
East side of City Park
Exira, IA
☎ 712-268-5424
Seasonal – Friday

Fairfield Farmers' Market
Town Square on Burlington St.
Fairfield, IA
☎ 515-472-2111
Seasonal – Wednesday and Saturday

Forest City Farmers' Market
Courthouse, South Clark St.
Forest City, IA
☎ 515-565-3288
Seasonal – Thursday

Fort Dodge Farmers' Market
Crossroads Mall at 1st Ave., S. & 25th St.
Fort Dodge, IA
☎ 515-955-8433
Seasonal – Wednesday and Saturday

Fort Madison Farmers' Market
Central Park, 9th & Avenue B
Fort Madison, IA
☎ 319-835-5116
Seasonal – Thursday

Franklin County Farmers' Market
East side of Courthouse
Hampton, IA
☎ 515-456-4811
Seasonal – Tuesday and Friday

Gardeners' Market
North side of Courthouse Square
Emmetsburg, IA
☎ 712-426-4901
Seasonal – Thursday and Saturday

Green Hills Farmers' Market
Central Park
Corning, IA
☎ 515-322-3382
Seasonal – Thursday

Grinnell Farmers' Market
Central Park on Broad St.
Grinnell, IA
☎ 515-236-6555
Seasonal – Thursday

Highland Park Farmers' Market
6th Ave. between Euclid & Douglas Ave.
Des Moines, IA
☎ 515-244-0443
Seasonal – Tuesday

Humboldt County Farmers' Market
Sumner Ave. between 6th St. S. & Taft St.
Humboldt, IA
☎ 515-332-1481
Seasonal – Saturday

Ida Grove Farmers' Market
City Park, Washington St.
Ida Grove, IA
☎ 712-676-2123
Seasonal – Friday

Indianola Farmers' Market
Hwy. 92 at Fairground west gate
Indianola, IA
☎ 515-961-7031
Seasonal – Saturday and Wednesday

Iowa City Farmers' Market
Chauncey Swan parking ramp between
Washington & College St.
Iowa City, IA
☎ 319-356-5110
Seasonal – Wednesday and Saturday

Iowa Falls Farmers' Market
Downtown 500 block, Washington Ave.,
River Hills Mall parking lot
Iowa Falls, IA
☎ 515-859-7153
Seasonal – Saturday and Wednesday

Jasper County Farmers' Market
Courthouse Square
Newton, IA
☎ 515-792-5545
Seasonal – Monday

Jefferson Farmers' Market
Bell Tower Square, Downtown
Jefferson, IA
☎ 515-386-2155
Seasonal – Thursday

Johnston Farmers' Market
Village Square SC ((North & east pkg lots)
Johnston, IA
☎ 515-278-1170
Seasonal – Tuesday

Keokuk Farmers' Market
Keosippi Mall parking lot, 300 Main St.
Keokuk, IA
☎ 319-524-1021
Seasonal – Saturday

Knoxville Farmers' Market
Town Square, west side
Knoxville, IA
☎ 515-947-2908
Seasonal – Tuesday and Saturday

Kossuth County Farmers' Market
Corner of E. McGregor & Thorington St.
Kossuth, IA
☎ 515-679-4536
Seasonal – Saturday and Wednesday

Lakes Area Farmers' Market
Dickinson Cty. Fairgrounds, Hwys 9 & 71
Spirit Lake, IA
☎ 507-662-5232
Seasonal – Wednesday and Saturday

LeMars Area Farmers' Market
Bomgaars parking lot, Hwy. 75 South
LeMars, IA
☎ 712-546-8821
Seasonal – Saturday and Thursday

Lyons Farmers' Market
Roosevelt St. & Main Ave.
Lyons, IA
☎ 319-577-2216
Seasonal – Wednesday and Saturday

Madison County Farmers' Market
Town Square
Winterset, IA
☎ 515-462-3894
Seasonal – Saturday

Mahaska Ruritan Farmers' Market
Town Square, east side
Oskaloosa, IA
☎ 515-673-9896
Seasonal – Tuesday and Saturday

Main Street Farmers' Market
Downtown Courthouse Square
Greenfield, IA
☎ 515-743-8444
Seasonal – Thursday

Manchester Farmers' Market
S. Franklin & Delaware, by River Front Pk
Manchester, IA
☎ 319-922-2665
Seasonal – Saturday

M.A.P.L.E.S. Neighborhood Association
North parking lot, Allen Memorial Hospital
Waterloo, IA
☎ 319-232-1222
Seasonal – Thursday

Maquoketa Farmers' Market
W. Platt & S. 2nd streets
Maquoketa, IA
☎ 319-652-6097
Seasonal – Saturday

Marion Farmers' Markets
East end Shopping Center, 3375 7th Ave.
Marion, IA
☎ 319-377-4846
Seasonal – Wednesday and Saturday

Mason City Farmers' Market
Southridge Mall lot, 100 S. Federal
Mason City, IA
☎ 515-424-1197
Seasonal – Tuesday and Friday

Menlo Farmers' Market
City Park, Sherman St.
Menlo, IA
☎ 515-523-1213
Seasonal – Saturday

Milo Small Town Farmers' Market
Milo City Park
Milo, IA
☎ 515-942-6534
Seasonal – Wednesday and Saturday

Mississippi Valley Growers Association
River Dr. at Western Ave.
Bettendorf, IA
☎ 319-264-1301
Seasonal – Wednesday and Saturday

Mount Pleasant Farmers' Market
Town Square, north side
Mount Pleasant, IA
☎ 319-986-5114
Seasonal – Wednesday and Saturday

Muscatine Farmers' Market
Mississippi Dr. & Sycamore St., downtown
Muscatine, IA
☎ 319-263-8711
Seasonal – Tuesday and Saturday

Noelridge Farmers' Market
Collins Rd. & Council St.
Cedar Rapids, IA
☎ 319-286-5731
Seasonal – Monday, Wednesday & Friday

North Scott Farmers' Market
East side of Fast Stop
Eldridge, IA
☎ 319-285-5211
Seasonal – Tuesday and Friday

Oelwein Farmers' Market
City's parking lot next to Memorial Park
Oelwein, IA
☎ 319-283-2279
Seasonal – Saturday

Olde Town Farmers' Market
Olde Town Altoona, 2nd St. SE
Altoona, IA
☎ 515-967-2321
Seasonal – Friday

Olin Farmers' Market
Hwy. 38 & W. 2nd St.
Olin, IA
☎ 319-484-2336
Seasonal – Thursday

Orange City Farmers' Market
Windmill Park, center of town
Orange City, IA
☎ 712-737-2794
Seasonal – Tuesday and Thursday

Osage Farmers' Market
Town & Country Plaza
Osaged, IA
☎ 515-732-4635
Seasonal – Saturday

Ottumwa Farmers' Market
Municipal parking lot off Church St.
Ottumwa, IA
☎ 515-684-8303
Seasonal – Wednesday and Saturday

Paullina Farmers' Market
Main St., S. of Farmers' Co-op Elevator
Paullina, IA
☎ 712-448-3817
Seasonal – Thursday

Pella Evening Farmers' Market
800 block of Broadway St.
Pella, IA
☎ 515-637-4294
Seasonal – Thursday

Perry Farmers' Market
Corner of 1st & Willis
Perry, IA
☎ 515-465-2506
Seasonal – Thursday

Preston Farmers' Market
Hwy. 64 at Twogood Park
Preston, IA
☎ 319-577-2216
Seasonal – Thursday

Primghar Farmers' Market
Courthouse Square, 1st & Hayes streets
Primghar, IA
☎ 712-757-6605
Seasonal – Friday

Raccoon Valley Gardens
Hwy. 44, 1½ miles west of Dallas Center
Dallas Center, IA
☎ 515-992-4242
Seasonal – Tuesday-Saturday

River City Farmers' Market
Kanesville Blvd. & Main St. @ Omni Ctr.
Council Bluffs, IA
☎ 712-545-3680
Seasonal – Saturday and Wednesday

River City Market Association
Gaines & Western sts. @ Florian Keen
Davenport, IA
☎ 319-355-0251
Seasonal – Wednesday and Saturday

Shelby County Farmers' Market
1810 Chatburn Ave.
Harlan, IA
☎ 712-627-4613
Seasonal – Tuesday and Saturday

Sheldon Market Days
9th St. & 3rd Ave.
Sheldon, IA
☎ 712-324-2813
Seasonal – Monday and Friday

Shenandoah Farmers' Market
400 block of W. Sheridan Ave.
Shenandoah, IA
☎ 712-542-5289
Seasonal – Wednesday

Sigourney Farmers' Market
Town Square, north side
Sigourney, IA
☎ 515-622-2609
Seasonal – Monday

Siouxland Farmers' Market
923 3rd St., next to Convention Center
Sioux City, IA
☎ 402-287-2868
Seasonal – Monday through Sunday

Spencer Area Farmers' Market
Gateway North Shopping Center, Hwy. 71
Spencer, IA
☎ 712-262-5266
Seasonal – Wednesday and Saturday

Storm Lake Farmers' Market
1428 N. Lake Ave.
Storm Lake, IA
☎ 712-732-1285
Seasonal – Saturday

Story City Farmers' Market
Park Avenue Blvd., north of Broad St.
Story City, IA
☎ 515-733-2718
Seasonal – Friday

Strawberry Point Farmers' Market
Parking lot of Backbone Drive-in
Strawberry Point, IA
☎ 319-933-6069
Seasonal – Wednesday

Tama Farmers' Market
419 State St.
Tama, IA
☎ 515-484-3321
Seasonal – Saturday

Toledo Farmers' Market
Courthouse Square, east side
Toledo, IA
☎ 515-484-4193
Seasonal – Friday

Traer Farmers' Market
Hwys 8 & 63, no. pkg. lot of Farmers' Svgs
Traer, IA
☎ 319-479-2279
Seasonal – Wednesday

Urbandale Farmers' Market
9875 Meredith Dr., Iowa Orchard lot
Urbandale, IA
☎ 515-276-0852
Seasonal – Thursday

Valley Junction Farmers' Market
100, 200 & 300 blocks of 5th St.
West Des Moines, IA
☎ 515-222-3642
Seasonal – Thursday

Vinton Farmers' Market
Municipal parking lot at 4th St. & 3rd Ave.
Vinton, IA
☎ 319-472-4164
Seasonal – Thursday

Wapello Farmers' Market
609 James Hodges Ave. @ Heritage Ctr.
Wapello, IA
☎ 319-523-8381
Seasonal – Saturday

Washington Farmers' Market
Central Park, Downtown Square
Washington, IA
☎ 319-653-4888
Seasonal – Thursday

Waukee Farmers' Market
Triangle Park, corner of 6th & Ashworth
Waukee, IA
☎ 515-987-4522
Seasonal – Wednesday

Waverly Farmers' Market
Wal-Mart parking lot, Hwy. 218, South
Waverly, IA
☎ 319-352-3029
Seasonal – Monday, Wednesday & Saturday

Webster City Farmers' Market
NewCastle Building lot on Superior St.
Webster City, IA
☎ 515-832-2564
Seasonal – Saturday

West Branch Farmers' Market
120 N. First St., driveway area
West Branch, IA
☎ 319-886-6441
Seasonal – Friday

Westland Mall Farmers' Market
Parking lot of Westland Mall
West Burlington, IA
☎ 319-753-2891
Seasonal – Wednesday and Saturday

West Liberty Farmers' Market
300 block of Spencer St.
West Liberty, IA
☎ 319-627-2810
Seasonal – Saturday

West Union Farmers' Market
Courthouse Square, north side
West Union, IA
☎ 319-422-3070
Seasonal – Saturday

Williamsburg Farmers' Market
NE side of Town Square
Williamsburg, IA
☎ 319-668-2679
Seasonal – Friday

Winthrop Farmers' Market
Winthrop Town Park
Winthrop, IA
☎ 319-474-2306
Seasonal – Saturday

Worth County Farmers' Market
Courthouse, north parking lot
Northwood, IA
☎ 515-454-2052
Seasonal – Saturday

Kansas

Abilene Farmers' Market
Dickinson County Courthouse
Abilene, KS
☎ 785-263-2681
Seasonal – Saturday

Anthony Farmers' Market
W. Park on Main
Anthony, KS
☎ 316-896-2490
Seasonal – Wednesday and Saturday

Atchison Farmers' Market
5th & Main St.
Atchison, KS
☎ 913-367-2428
Year-round – Monday through Saturday

Atwood Farmers' Market
111 S. 4th St.
Atwood, KS
☎ 785-626-9630
Seasonal – Friday

Beloit Farmers' Market
Webber Implement, US 24
Beloit, KS
☎ 785-524-4432
Seasonal – Saturday

Burlington Farmers' Market
US 75 & Neosho St.
Burlington, KS
☎ 316-364-2002
Seasonal – Saturday

Chanute Farmers' Market
Main & Evergreen
Chanute, KS
☎ 316-431-3350
Seasonal – Thursday and Saturday

Coffeyville Farmers' Market
200 W. 11th at Hwy. 166
Coffeyville, KS
☎ 316-251-2550
Seasonal – Saturday

Columbus Farmers' Market
1300 E. Maple
Columbus, KS

☎ 316-227-3268
Seasonal – Monday, Saturday & Sunday

Dodge City Farmers' Market
Wyatt Earp parking lot
Dodge City, KS
☎ 316-227-3268
Saturday

Eldorado Farmers' Market
301 N. Main St.
Eldorado, KS
☎ 316-321-1666
Tuesday and Thursday

Emporia Farmers' Market
7th & Merchant
Emporia, KS
☎ 316-343-6555
Seasonal – Wednesday and Saturday

Fredonia Farmers' Market
City Hall lot S
Fredonia, KS
☎ 316-378-3221
Seasonal – Tuesday

Ft. Scott Farmers' Market I
3rd & National
Ft. Scott, KS
☎ 316-223-0966
Seasonal – Wednesday

Ft. Scott Farmers' Market II
National & Old Fort Blvd.
Ft. Scott, KS
☎ 316-223-0966
Seasonal – Saturday

Greensburg Farmers' Market
133 North
Oak Greensburg, KS
☎ 316-723-2278
Seasonal – Friday

Harper County Farmers' Market
Main & Central streets
Harper, KS
☎ 316-896-2490
Seasonal – Saturday

Haven Farmers' Market
Old K 96
Hutchinson, KS
☎ 316-567-2543
Seasonal – Tuesday

Hays Area Farmers' Market
Courthouse, 12th & Main streets
Hays, KS
☎ 785-628-9430
Seasonal – Saturday

Holten Farmers' Market
East Courtyard on Pennsylvania St.
Holten, KS
☎ 785-364-4125
Saturday

Hutchinson Farmers' Market
2nd & Washington
Hutchinson, KS
☎ 316-665-0333
Year-round – Wednesday and Saturday

Iola Farmers' Market
North side of The Square
Iola, KS
☎ 316-365-5252
Seasonal – Saturday and Thursday

Junction City Farmers' Market
Wal-Mart parking lot
Junction City, KS
☎ 785-238-3666
Seasonal – Saturday

Kanopolis Farmers' Market
Across form Charley's IGA
Kanopolis, KS
☎ 785-472-5413
Seasonal – Saturday

LaCrosse Farmers' Market
7th & Main
LaCrosse, KS
☎ 785-222-3324
Seasonal – Friday

Larned Farmers' Market
Broadway St. between 5th & 6th streets
Larned, KS
☎ 316-285-6916
Seasonal – Thursday

La Cygne Farmers' Market
STAT Stop at Exit 69 & Hwy. 152
La Cygne, KS
☎ 913-898-2250
Seasonal – Saturday

Lawrence Farmers' Market
10th & Varmont, City parking lot
Lawrence, KS
☎ 785-842-3883
Seasonal – Tuesday, Thursday & Saturday

Lenexa Farmers' Market
Old Town Lenexa Santa Fe Trail & Pflumm
Lenexa, KS
☎ 913-888-4431
Seasonal – Saturday

Leavenworth Farmers' Market
4th & Cherokee, parking lot
Leavenworth, KS
☎ 913-682-3924
Seasonal – Saturday

Liberal Community Farmers' Market
Courthouse, 415 N. Washington
Liberal, KS
☎ 316-624-1971
Seasonal – Saturday

Manhattan Farmers' Market (2 loc.)
5th & Humboldt; Avery Ave. (Cico Park)
Manhattan, KS
☎ 785-468-3543
Seasonal – Wednesday and Saturday

Marysville Farmers' Market
1 blk. north of movie theater on Hwy 36
Marysville, KS
☎ 785-744-3518
Seasonal – Saturday

McPherson Farmers' Market
600 W. Woodside
McPherson, KS
☎ 316-241-1523
Seasonal – Saturday

Minneapolis Farmers' Market
109 W. 2nd St.
Minneapolis, KS
☎ 785-392-2147
Seasonal – Saturday

Mound City Farmers' Market
South of Courthouse Square
Mound City, KS
☎ 913-898-2250
Seasonal – Wednesday

Newton Farmers' Market I 1
701 S. Kansas Ave., Wal-Mart parking lot
Newton, KS
☎ 316-284-6930
Seasonal – Saturday

Newton Farmers' Market II
Broadway & Oak St.
Newton, KS
☎ 316-772-0237
Seasonal – Tuesday

Norton County Farmers' Market
City parking lot
Norton, KS
☎ 785-877-2501
Seasonal – Thursday

Oberlin Farmers' Market
132 S. Pennsylvania Ave.
Oberlin, KS
☎ 785-475-3441
Seasonal – Wednesday

Olathe Farmers' Market
City Hall West Annex Building parking lot
Olathe, KS
☎ 913-764-6163
Seasonal – Wednesday and Saturday

Osage City Farmers' Market
1048 Laing, E. Hwy. 31
Osage City, KS
☎ 785-528-4644
Seasonal – Saturday

Osborne Farmers' Market
423 Main St.
Osborne, KS
☎ 785-984-2320
Seasonal – Saturday

Ottawa Farmers' Market
1428 S. Main St.
Ottawa, KS
☎ 785-242-4526
Seasonal – Wednesday and Saturday

Overland Park Farmers' Market
Downtown between 79th & 80th streets
Overland Park, KS
☎ 785-642-1410
Seasonal – Wednesday and Saturday

Paola Farmers' Market
City Square on Pearle St.
Paola, KS
☎ 913-294-4306
Seasonal – Saturday

Parsons Farmers' Market
1700 Washington St.
Parsons, KS
☎ 316-421-7030
Seasonal – Saturday

Pittsburg Farmers' Market
W. 20th St. & Hwy. 69
Pittsburg, KS
☎ 316-231-1440
Seasonal – Saturday

Pleasanton Farmers' Market
770 Main St.
Pleasanton, KS
☎ 913-352-6328
Seasonal – Monday through Saturday

Russell Area Farmers' Market
3rd & Kansas streets
Russell, KS
☎ 785-483-3157
Seasonal – Saturday

Sabetha Farmers' Market
Washington & Virginia streets
Sabetha, KS
☎ 785-284-2408
Seasonal – Wednesday and Saturday

Shawnee Farmers' Market
11110 Johnson Dr.
Shawnee, KS
☎ 913-631-2500
Seasonal – Saturday and Sunday

Strong City Farmers' Market
Railroad depot parking lot
Strong City, KS
☎ 316-273-6491
Seasonal – Saturday

Topeka Farmers' Market I
10th & Topeka Blvd.
Topeka, KS
☎ 785-286-1748
Seasonal – Saturday

Wa Keeney Farmers' Market
408 Russell St.
Wa Keeney, KS
☎ 785-743-5785
Seasonal – Saturday

Wichita Farm & Art Market (2 locations)
835 E. 1st (Old Town Market Place),
and 21st & Ridge
Wichita, KS
☎ 316-262-3555; 316-729-0829
Seasonal – Saturday

Kentucky

Allen County Farmers' Market
Old Glasgow & Hartsville roads
Scottsville, KY
☎ 502-622-5603
Seasonal – Tuesday, Thursday & Saturday

Anderson County Farmers' Market
Corner of US 127 Bypass & Broadway
Lawrenceburg, KY
☎ 502-859-1561
Seasonal – Tuesday and Saturday

Bardstown Farmers' Market
N. 2nd St. & E. Flaget Ave.
Bardstown, KY
☎ 502-348-5947
Seasonal – Tuesday and Friday

Barren County Farmers' Market
978 Matthew Mills Rd.
Glasgow, KY
☎ 502-678-2672
Seasonal

Bath County Farmers' Market
Courthouse on Main St.
Owingsville, KY
☎ 606-674-6256
Seasonal – Tuesday and Friday

Berea Farmers' Market
Berea Community School
Berea, KY

☎ 606-986-3204
Seasonal – Monday and Friday

Boone County Market
6028 Camp Ernst Rd.
Burlington, KY
☎ 606-586-6101
Seasonal

Boyd County Farmers' Market
Cedar Knoll parking lot
Catlettsburg, KY
☎ 606-739-5184
Seasonal – Wednesday and Saturday

Boyle County Farmers' Market
E. Martin Luther King Blvd.
Danville, KY
☎ 606-236-2361
Seasonal – Tuesday and Saturday

Bradford Square Farmers' Market
Bradford Square 41-A at Pennyrile Pkwy.
Hopkinsville, KY
☎ 502-886-9774
Seasonal – Tuesday, Thursday & Saturday

Caldwell County Farmers' Market
100 Market St.
Princeton, KY
☎ 502-365-2787
Seasonal

Campbell Cty. Extension Farmers' Market
County Senior Citizens parking lot
Highland Heights, KY
☎ 606-572-2600
Seasonal – Tuesday and Friday

Carter County Farmers' Market
True Value parking lot
Grayson, KY
☎ 606-474-6686
Seasonal

Catnip Hill Farmers' Market
Catnip Hill Rd. off US 27
Lexington, KY
☎ 606-252-8936
Year-round

Columbia Farmers' Market
Adair County Fairgrounds, Hwy. 206
Columbia, KY
☎ 502-384-4703
Seasonal

Community Farmers' Market
Old Howard's Discount Store
Monticello, KY
☎ 606-348-3064
Seasonal

Cumberland County Farmers' Market
S. Main St.
Burkesville, KY
☎ 502-864-2681
Seasonal

Downtown Farmers' Market-Paducah
2nd St. & Broadway
Paducah, KY
No phone
Seasonal

Edmonson City Farmers' Market
Town Square
Brownsville, KY
☎ 502-597-3628
Seasonal

Farm & Garden Market Co-op (2 loc.)
Broadway & Maxwell (Lexington);
Vine & Upper (Lexington)
Georgetown, KY
☎ 502-863-1517
Seasonal

Farm Works at the Temple
5101 US Hwy. 42
Louisville, KY
☎ 502-423-1818
Seasonal

Farm Works in the Highlands
1722 Bardstown Rd.
Louisville, KY
☎ 502-452-9391
Seasonal – Saturday

Farm Works Market-LaGrange
117 E. Ormsby Ave.
Louisville, KY
☎ 502-637-2373
Seasonal

Farmers' Alternative Market
245 Cook Rd.
Waddy, KY
☎ 502-829-0405
Seasonal

Farmers' Market-Madisonville
15 E. Center St.
Madisonville, KY
☎ 502-821-3435
Seasonal

Farmers' Market of Bowling Green
1751 Scottsville Rd.
Bowling Green, KY
☎ 502-782-8465
Seasonal – Tuesday and Saturday

Franklin County Farmers' Market (3 loc.)
Wilkinson Blvd. (Wilkinson St. School parking lot); Off US 127 (Lowe's parking lot); Broadway (downtown area)
Frankfort, KY
☎ 502-695-9035
Seasonal – Tuesday, Thursday & Saturday

Franklin Farmers' Market
N. Main St.
Franklin, KY
☎ 502-586-4484
Seasonal

Garrad County Farmers' Market
Next to county extension office
Lancaster, KY
☎ 606-792-3026
Seasonal

Grant County Farmers' Market
North of Wal-Mart on US 25
Williamstown, KY
☎ 606-824-3355
Seasonal – Monday through Saturday

Grayson County Farmers' Market
American Legion grounds, Lee Ave.
Leitchfield, KY
☎ 502-879-9787
Seasonal

Green County Farmers' Market
Rear of County Courthouse
Greensburg, KY
☎ 502-932-4024
Seasonal

Green River Farmers' Co-op
Green River Plaza, Hodgenville Rd.
Campbellsville, KY
☎ 502-465-9045
Seasonal – Wednesday and Saturday

Hardin County Farmers' Market
201 Peterson Dr.
Elizabethtown, KY
☎ 502-765-4121
Seasonal

Harrison County Farmers' Market
Courthouse lawn
Cynthiana, KY
☎ 606-234-1176
Seasonal – Saturday

Hart County Farmers' Market
Hart Cty. Fairgrounds, US Hwy. 31W
Munfordville, KY
☎ 502-524-2892
Seasonal – Monday and Friday

Henry County Farmers' Market
Courthouse front lawn, Main St.
New Castle, KY
☎ 502-845-2811
Seasonal – Saturday

Jackson Cty. Farmers' Market (3 loc.)
County Extension offices in Annville, McKee, and Sandgap
Sandgap, KY
☎ 606-364-5482
Seasonal

Jeffersontown Farmers' Market
Waterson Trail & Taylorsville Rd.
Jeffersontown, KY
☎ 502-261-0290
Seasonal

Johnson County Farmers' Market (2 loc.)
US 321 South (First National Bank); Main St. (Paintsville city parking lot)
Paintsvillle, KY
☎ 606-789-8108
Seasonal – Tuesday, Thursday and Friday

Lawrence County Farmers' Market
Lock Ave., across from Fire Department
Louisa, KY
☎ 606-638-9495
Seasonal – Wednesday and Saturday

Leslie County Farmers' Market
County Extension Office
Hyden, KY
☎ 606-672-2154
Seasonal

Logan County Farmers' Market
Brown's Tobacco Whse. lot, Nashville Rd.
Russellville, KY
☎ 502-726-6323
Seasonal

Madison County Farmers' Market
Lowe's parking lot on the Eastern Bypass
Richmond, KY
☎ 606-624-9823
Seasonal – Tuesday

Magoffin County Farmers' Market
Route 114 next to Dairy Queen
Salyersville, KY
☎ 606-349-4860
Seasonal – Saturday

Marion County Farmers' Market
New Farmers' Tobacco Warehouse
Lebanon, KY
☎ 502-699-9042
Seasonal – Tuesday and Saturday

Martin County Farmers' Market
Main St., Martin Cty. Extension Office lot
Inez, KY
☎ 606-298-7742
Seasonal

Mason County Farmers' Market (2 loc.)
Clyde's Food Store; Forest Ave.
Maysville, KY
☎ 606-564-6808
Seasonal

McCreay County Farmers' Market
Lumber King parking lot
Whitley City, KY
☎ 606-376-2524
Seasonal – Saturday

Menifee County Farmers' Market
City parking lot
Frenchburg, KY
☎ 606-768-3866
Seasonal

Metcalfe County Farmers' Market
Marc Park, Hwy. 68-80
Edmonton, KY
☎ 502-432-7204
Seasonal

Montgomery County Farmers' Market
158 Civic Center
Mount Sterling, KY
☎ 606-498-8741
Seasonal

Morgan County Farmers' Market
Near Go-Go Market on 460
West Liberty, KY
☎ 606-743-7817
Seasonal – Monday through Saturday

Mountain Farmers' Market
Route 11, near Senior Citizens Facility
Beattyville, KY
☎ 606-464-2759
Seasonal – Wednesday and Saturday

Owensboro Farmers' Market
Third Baptist Church parking lot, 5th St.
Owensboro, KY
☎ 502-683-2060
Seasonal – Tuesday, Thursday & Saturday

Paris/Bourbon County Farmers' Market
603 Millersburg Rd.
Paris, KY
☎ 888-317-2555
Seasonal

Powell County Farmers' Market
Hwy. 15, Billings Drugstore parking lot
Stanton, KY
☎ 606-663-6405
Seasonal – Tuesday, Friday and Saturday

Pulaski Growers Association (2 locations)
E. Mt. Vernon St, and on Central
Somerset, KY
☎ 606-679-8376
Seasonal – Wednesday and Saturday

Radcliff Farmers' Market
411 W. Lincoln Trail
Elizabethtown, KY
☎ 502-765-4121
Seasonal

Riverview Farmers' Market Growers
Tobacco Warehouse, US 42, East
Carrollton, KY
☎ 502-732-7030
Seasonal – Saturday

Rockcastle Farmers' Market
W. Irvine St.
Livingston, KY
☎ 606-453-9800
Seasonal – Wednesday and Saturday

Rowan County Farmers' Market
I-64, SR 32 exit, Pathways Inc. parking lot
Morehead, KY
☎ 606-784-5457
Seasonal – Wednesday and Saturday

Russell County Farmers' Market
County Middle School on Hwy. 127
Russell Springs, KY
☎ 502-343-3644
Seasonal – Tuesday, Thursday & Saturday

Russell Springs Farmers' Market
Russell Springs High School
Russell Springs, KY
☎ 502-866-6379
Seasonal

Scott County Farmers' Market
Oser Landing off US 460
Georgetown, KY
☎ 502-863-3437
Seasonal – Monday and Friday

Somerset Farmers' Market
Fountain Square
Somerset, KY
☎ 606-379-2164
Seasonal

Vine Grove Farmers' Market
201 W. Main St.
Vine Grove, KY
☎ 502-877-2422
Seasonal

West Liberty Farmers' Market
Hwy. 460, Food Mart
Salyersville, KY
☎ 606-349-3216
Seasonal

Winchester-Clark County Farmers' Market
34 S. Main St.
Winchester, KY
☎ 606-744-7682
Seasonal

Wolfe County Farmers' Market
Hwy. 15
Campton, KY
☎ 606-668-3712
Seasonal – Monday and Saturday

Woodford County Farmers' Market
Downtown, corner of Main & Court streets
Versailles, KY
☎ 606-873-7724
Seasonal – Wednesday and Saturday

Louisiana

Acadiana Farmers' Market
801 Foreman Dr.
Lafayette, LA
☎ 318-948-8812
Year-round

Beauregard Farmers' Market
Hwy. 171 North at fairgrounds
DeRidder, LA
☎ 318-463-7006
Seasonal

Crescent City Farmers' Market
Magazine St.
New Orleans, LA
☎ 504-861-5898
Year-round

Cajun Farmers' Market
Tunnel Blvd.
Houma, LA
☎ 504-873-6495
Seasonal – Monday and Saturday

Downtown Farmers' Market
538 Jefferson St.
Lafayette, LA
☎ 318-291-5566
Year-round

Hammond Farmers' Market
Hammond Depot, N. Railroad Ave.
Hammond, LA
☎ 504-748-9381
Seasonal – Thursday

Iberia Parish Farmers' Market
600 Parkview Dr.
New Iberia, LA
☎ 318-365-2343
Seasonal – Wednesday and Saturday

Pointe Coupee Farmers' Market
Wal-Mart parking lot, Hwy. 1
New Roads, LA
☎ 504-638-5533
Seasonal – Thursday

Red Stick Farmers' Market (2 loc.)
300 North Blvd.; 1500 Florida Blvd.
Baton Rouge, LA
☎ 504-336-9532
Year-round

Shreveport Farmers' Market
Under Texas St. bridge
Shreveport, LA
☎ 318-222-7403
Seasonal – Wednesday and Friday

St. Landry Parish Farmers' Market
949 E. Landry St., US 190
Opelousas, LA
☎ 318-948-0561
Seasonal – Tuesday, Thursday & Saturday

Union Parish Farmers' Market
407 S. Main St.
Farmerville, LA
☎ 318-368-2999
Year-round

West Monroe Farmers' Market
1700 N. 7th St.
West Monroe, LA
☎ 318-322-2203
Year-round

Winn Farmers' Market 301
W. Main St.
Winnfield, LA
☎ 318-628-4438
Year-round

Maine

Auburn Mall Farmers' Market
Porteous rear lot, Turner St.
Auburn, ME
☎ 207-336-2411
Seasonal – Thursday and Saturday

Augusta Farmers' Market
Turnpike Mall, Western Ave.
Augusta, ME
☎ 207-549-5112
Seasonal – Wednesday and Saturday

Bangor Farmers' Market
Main St., behind Paul Bunyan
Bangor, ME
☎ 207-884-8888
Seasonal – Tuesday and Saturday
Bangor – European Farmers' Market

Buck St., across from Bangor Auditorium
parking lot at Sunnyside Greenhouse
Bangor, ME
☎ 207-947-8464
Year-round – Saturday

Bar Harbor – Eden Farmers' Market
YMCA parking lot, Main St.
Bar Harbor, ME
☎ 207-288-9550
Seasonal – Sunday

Bath Farmers' Market
Fleet Bank parking lot
Bath, ME
☎ 207-443-5186
Seasonal – Thursday and Saturday

Belfast Farmers' Market
Routes 1 & 3, Reny's Plaza parking lot
Belfast, ME
☎ 207-338 -5084
Seasonal – Tuesday, Friday and Saturday

Belfast Winter Market
Greenhouse at Belfast Agway, Route 1
Belfast, ME

☎ 207-338-5084
Seasonal – Sat., Nov. 7-Dec. 18; 10am-1pm

Bethel Farmers' Market
Rt. 26, Railroad St., Bethel Health Center
Bethel, ME
☎ 207-836 -3606
Seasonal – Saturday

Caribou Farmers' Market
Downtown, Sweden St.
Caribou, ME
☎ 207-498-6156
Seasonal – Friday and Saturday

Cornish Farmers' Market
Downtown, Hardware Store, Route 25
Cornish, ME
☎ 207-625-7145
Seasonal – Thursday and Saturday

Cumberland Farmers' Market
Main St., Cumberland Center, Route 9
Cumberland, ME
☎ 207-829-5588
Seasonal – Saturday

Damariscotta Area Farmers' Market I
Reny's Warehouse, School St., off Rt. 1
Damarisotta, ME
☎ 207-845-2587
Seasonal – Monday and Friday

Damariscotta Area Farmers' Market II
Foster's Antiques, Route 1
Newcastle, ME
☎ 207-845-2587
Seasonal – Monday

Dexter Farmers' Market
Spring St.
Dexter, ME
☎ 207-924-7900
Seasonal – Friday

Ellsworth Farmers' Market
Maine Coast Mall
Ellsworth, ME
☎ 207-422-3850
Seasonal – Monday, Thursday & Saturday

Fairfield Farmers' Market
Rt. 201, next to Lobster Trap II restaurant
Fairfield, ME
☎ 207-287-1461
Seasonal – Wednesday and Saturday

Hallowell Farmers' Market
Across from Water St., south of town
Hallowell, ME
☎ 207-622-6582
Seasonal – Sunday

Houlton Farmers' Market
Route 1, south of I-95
Houlton, ME
☎ 207-794-8306
Seasonal

Kennebunk Farmers' Market
Municipal parking lot off Route 1
Kennebunk, ME
☎ 207-985-9031
Seasonal – Wednesday and Saturday

Machias Valley Farmers' Market
At the dike on Route 1
Machias, ME
☎ 207-538-2664
Seasonal – Saturday

Naples Farmers' Market
Naples Village Green, off Route 302
Naples, ME
☎ 207-787-2248
Seasonal – Thursday

Norway Farmers' Market
Corner of Main and Cottage streets
Norway, ME
☎ 207-743-5841
Seasonal – Friday

Orono Farmers' Market
Steam Plant, UMO campus
Orono, ME
☎ 207-487-5056
Seasonal – Tuesday and Saturday

Penobscot Valley Farmers' Market
Brewer Auditorium parking lot
Brewer, ME
☎ 207-988-7138
Year-round

Phippsburg Farmers' Market
Town Hall, Route 209
Phippsburg, ME
☎ 207-389-1597
Seasonal – Saturday

Pittsfield Farmers' Market
Hathorn Park, Hartland Ave.
Pittsfield, ME
☎ 207-487-5056
Seasonal – Monday and Thursday

Portland Farmers' Market (2 loc.)
Monument Square; Deering Oaks Park
Portland, ME
☎ 207-874-8300
Seasonal – Wednesday and Saturday

Portland Public Market
Corner of Cumberland and Preble
Portland, ME
☎ 207-228-2006
Year-round

Rockland Farmers' Market
Harbor Plaza, Route 1
Rockland, ME
☎ 207-273-2894
Seasonal – Thursday

Saco Farmers' Market
Spring St., Saco Valley Shopping Center
Saco, ME
☎ 207-929-5318
Seasonal – Wednesday and Saturday

Skowhegan Farmers' Market
25 Russell St., Bangor Savings Bank
Skowhegan, ME
No phone
Seasonal – Saturday and Sunday

Springvale Farmers' Market I
Mid-Town Mall
Sanford, ME
☎ 207-324-0331
Seasonal – Friday

Springvale Farmers' Market II
Routes 109 & 11A
Springvale, ME
☎ 207-324-0331
Seasonal – Wednesday and Saturday

Stonington/Deer Isle Farmers' Market
Congregational Church parking lot
Deer Isle, ME
☎ 207-326-4741
Seasonal – Friday

Sunrise County Farmers' Market I
Information Bureau, Union St.
Calais, ME
☎ 207-454-7496
Seasonal – Tuesday

Sunrise County Farmers' Market II
Washington St., next to Raye's Mustard
Eastport, ME
☎ 207-454-7496
Seasonal – Thursday

Sunrise County Farmers' Market III
Perry Municipal Building, Route 1
Perry, ME
☎ 207-454-7496
Seasonal – Saturday

Unity Farmers' Market & Comm. Bazaar
Route 202
Unity, ME
☎ 207-948-3335
Seasonal – Saturday

Westbrook Farmers' Market
City parking lot, Wayside Dr.
Westbrook, ME
☎ 207-854-0624
Seasonal – Thursday and Friday

Winthrop Farmers' Market
Downtown Municipal parking lot
Winthrop, ME
☎ 207-395-4277
Seasonal – Tuesday and Saturday

Wiscasset Farmers' Market
County Courthouse parking lot, Route 1
Wiscasset, ME
☎ 207-882-7693
Seasonal – Saturday

York Farmers' Market
Jefferds Tavern, Route 1A
York, ME
☎ 207-363-6604
Seasonal – Saturday

Maryland

Allegany Mountain Fresh Farmers' Market
Cumberland Downtown Pedestrian Mall
Cumberland, MD
☎ 301-724-3320
Seasonal – Thursday

Anne Arundel County Farmers' Market
Riva Rd. & Harry S. Truman Pkwy.
Anne Arundel, MD
☎ 410-798-6491
Seasonal – Saturday

Baltimore Farmers' Market
Holiday & Saratoga streets
Baltimore, MD
☎ 410-752-8632
Seasonal – Sunday

Bel Air Farmers' Market
Bond & Thomas streets
Bel Air, MD
☎ 410-893-7620
Seasonal – Tuesday and Saturday

Berlin "Shore Fresh" Farmers' Market
N. Main St.
Berlin, MD
☎ 410-641-2355
Seasonal – Friday

Bethesda-NIH Farmers' Market
9000 Rockville Pike, parking lot 41-B
Bethesda, MD
☎ 301-590-2823
Seasonal – Tuesday

Bowie Main Street Farmers' Market
Bowie High School, Route 450
Bowie, MD
☎ 301-262-6200, ext. 3002
Seasonal – Sunday

Calvert County Farmers' Market
Rts. 2 & 4, 3 mi. south of Prince Frederick
Prince Frederick, MD 20678
☎ 410-535-4583
Seasonal – Wednesday, Saturday & Sunday

Calvert Road Farmers' Market
5211 Calvert Rd.
College Park, MD
☎ 301-262-8662
Seasonal – Saturday

Carroll County Farmers' Market
Smith Ave., Westminster Ag Center
Westminister, MD
☎ 410-848-7748
Seasonal – Saturday

Chestertown Farmers' Market
Park Row on the Fountain Park
Chestertown, MD
☎ 410-639-7217
Seasonal – Saturday

Denton Farmers' Market
St. Luke's Methodist Church
Denton, MD
☎ 410-479-2050
Seasonal – Tuesday

Dobbins Center Farmers' Market
Dobbin Rd. & Route 175
Columbia, MD
☎ 410-964-2020
Seasonal – Tuesday

Dorchester County Farmers' Market
Race & Gay streets
Cambridge, MD
☎ 410-228-8800
Seasonal – Tuesday and Friday

Downtown Westminster Farmers' Market
Railroad Ave., Sherwood Square
Westminster, MD
☎ 410-848-4363
Seasonal – Saturday

Dundalk Village Farmers' Market
Dundalk Village, Veterans Park
Dundalk, MD
☎ 410-477-0173
Seasonal – Saturday

Dunkirk Farmers' Market
Route 4 & Ward Rd.
Dunkirk, MD
☎ 410-535-4583
Seasonal – Thursday and Saturday

Easton Farmers' Market
Harrison St.
Easton, MD

☎ 301-820-8063
Seasonal – Saturday

Everedy Square/Shab Row Farmers' Mkt.
Church & East streets
Frederick, MD
☎ 301-898-3183
Seasonal – Thursday

Federalsburg Farmers' Market
Main St., Downtown
Federalsburg, MD
☎ 410-754-5450
Seasonal – Saturday

Frederick County Fairgrounds Market
E. Patrick St.
Frederick, MD
☎ 301-663-5895
Year-round – Saturday

Frostburg Farmers' Market
Downtown Frostburg, Main St.
Frostburg, MD
☎ 301-724-3320
Seasonal – Friday

Gardenville Farmers' Market
4400 Frankford Ave.
Gardenville, MD
☎ 410-488-1619
Seasonal – Saturday

Gaithersburg Farmers' Market
Cedar Ave. at Route 355
Gaithersburg, MD
☎ 301-590-2823
Seasonal – Thursday

Golden Ring Mall Farmers' Market
Routes 7 & 40 at the Beltway
Baltimore, MD
☎ 410-668-6409
Seasonal – Wednesday

Hagerstown City Farmers' Market
W. Church St.
Hagerstown, MD
☎ 301-739-8577, ext. 193
Year-round – Saturday

Havre de Grace Farmers' Market
N. Washington St.
Havre de Grace, MD
☎ 410-939-9903
Seasonal – Saturday

Howard Park Farmers' Market
Woodbine & Liberty Heights Ave.
Baltimore, MD
☎ 410-452-6222
Seasonal – Saturday

Hunt Valley Farmers' Market
Hunt Valley Mall parking lot
Hunt Valley, MD
☎ 410-343-1825
Seasonal – Thursday

Indian Head Farmers' Market
Village Green, Mildred Rice Rd.
Indian Head, MD
☎ 301-743-5511
Seasonal – Tuesday and Thursday

Jones Station Farmers' Market
Severna Park, Rt. 2 & Jones Station Rd.
Jones Station, MD
☎ 410-841-5770
Seasonal – Saturday

Kensington Farmers' Market
Train station lot, Howard Ave.
Kensington, MD
☎ 301-949-2424
Seasonal – Saturday

LaPlata Farmers' Market
Charles St. & Washington Ave.
LaPlata, MD
☎ 301-934-8345
Seasonal – Wednesday and Saturday

LaVale CC Mall Farmers' Market
Center Court of LaVale Country Club Mall
Cumberland, MD
☎ 301-724-3320
Seasonal – Tuesday

Laurel Farmers' Market
Foot of Avondale St. in City Park
Laurel, MD
☎ 301-854-2912
Seasonal – Thursday

Leonardtown Farmers' Market
Government Building parking lot, Rt. 245
Leonardtown, MD
☎ 301-475-4404
Seasonal – Thursday

Montgomery Farm Women's Co-op Mkt.
7155 Wisconsin Ave.
Bethesda, MD
☎ 301-652-2291
Year-round – Wednesday and Saturday

Mt. Airy Farmers' Market
Main St., F&M Bank parking lot
Mt. Airy, MD
☎ 301-829-1478
Seasonal – Tuesday

Mountain Fresh Farmers' Market
2nd St.
Oakland, MD
☎ 301-334-1990
Seasonal – Wednesday and Saturday

Oakland Mills Farmers' Market
Village Center, Stevens Forest Rd. lot
Columbia, MD
☎ 410-964-2020
Seasonal – Thursday

Ocean City "Shore Fresh" Farmers' Mkt.
42 St. & Coastal Hwy., Phillips Restaurant
Ocean City, MD
☎ 410-524-4647
Seasonal – Sunday, Tuesday & Thursday

Owings Mills New Town Farmers' Market
Owings Mills Town Ctr. lot, near Hecht's
Owings Mills, MD
No phone
Seasonal – Tuesday

Park Heights Community Farmers' Market
Park Heights Ave., Pimlico Race Course
Park Heights, MD
☎ 410-466-6162
Seasonal – Wednesday

Piney Orchard Farmers' Market
Stream Valley Rd., off Route 170
Piney Orchard, MD
☎ 410-672-4273
Seasonal – Wednesday

Pocomoke City Farmers' Market
Downtown, Market St.
Pocomoke, MD
☎ 410-957-4885
Seasonal – Monday-Saturday

Potomac Presbyterian Church Market
10301 River Rd.
Potomac, MD
☎ 301-590-2823
Seasonal – Thursday

Prince George's Plaza Farmers' Market
3500 East-West Hwy.
Hyattsville, MD
☎ 301-432-8076
Seasonal – Tuesday

Rockville Growers Only Farmers' Market
Rockville Town Center
Rockville, MD
☎ 301-309-3335
Seasonal – Wednesday and Saturday

Saint Mary's County Farmers' Market
Route 235 & Millstone Landing Rd.
Lexington, MD
☎ 301-475-4404
Seasonal – Tuesday and Saturday

Saint Michael's Freshfarm Market
Corner of Talbot & Mulberry St.
St. Michael's, MD
☎ 202-331-7300
Seasonal – Saturday

Salisbury Downtown Farmers' Market
Lake St., City parking lot
Salisbury, MD
☎ 410-742-8851
Seasonal – Thursday

Salisbury "Shore Fresh" Farmers' Market
Civic & Glen avenues
Salisbury, MD
☎ 410-228-8671
Seasonal – Wednesday and Saturday

South Carroll Farmers' Market
Liberty Rd. & W. Hemlock Ave.
Eldersburg, MD
☎ 410-795-5469
Seasonal – Friday

Southern MD Regional Farmers' Market
Route 301 South, State warehouse
Cheltenham, MD
☎ 301-372-1066; 800-533-FARM
Seasonal – Saturday

32nd Street Farmers' Market
400 block, E. 32nd St.
Baltimore, MD
☎ 410-889-4347
Seasonal – Saturday

Towson Farmers' Market
Allegheny Ave.
Towson, MD
☎ 410-824-1144
Seasonal – Thursday

USDA Beltsville Facility Farmers' Market
5601 Sunnyside Ave.
Beltsville, MD
☎ 301-504-1776
Seasonal – Thursday

Washington County Farmers' Market
Wal-Mart parking lot, Wesel Blvd.
Hagerstown, MD
☎ 301-791-1304
Seasonal – Wednesday and Saturday

West Frederick Farmers' Market
110 Baughman's Lane
Frederick, MD
☎ 301-898-3183
Seasonal – Saturday

Wheaton Farmers' Market
Corner of Blue Ridge Rd. & Elkins St.
Wheaton, MD
☎ 301-217-6798
Seasonal – Sunday

Massachusetts

ABCD Parker Hill Farmers' Market
Brigham Circle, Osco Drug parking lot
Roxbury, MA
☎ 617-445-6000
Seasonal – Thursday

Amherst Farmers' Market
Spring St. parking lot
Amherst, MA
☎ 413-253-3729
Seasonal – Saturday

Arlington Farmers' Market
Russell Common lot in Arlington Center
Arlington, MA
☎ 781-648-5117
Seasonal – Wednesday

Attleboro Downtown Farmers' Market
Gilbert Perry Square
Attleboro, MA
☎ 508-384-2963
Seasonal – Saturday

Attleboro Wednesday Night Market
Park St.
Attleboro, MA
☎ 508-643-2794
Seasonal – Wednesday

Auburn Farmers' Market
Auburn Public Library parking lot
Auburn, MA
☎ 508-867-7363
Seasonal – Saturday

Ayer Farmers' Market
Main St., MBTA parking lot
Ayer, MA
☎ 978-772-8206
Seasonal – Saturday

Barre Farmers' Market
Barre Common
Barre, MA
☎ 978-355-2853
Seasonal – Saturday

Berkshire Area Farmers' Market
Route 8, Allendale Shopping Center
Pittsfield, MA
☎ 413-499-1012
Seasonal – Wednesday and Saturday

Beverly Farms
Outside Beverly Farms Exchange Building
29 West St.
Beverly Farms, MA
Seasonal – Saturday

Brighton Farmers' Market
Chestnut Hill Ave., Bank of Boston pkg lot

Brighton, MA
☎ 617-635-6120
Seasonal – Saturday

Brockton Farmers' Market
City Hall Plaza
Brockton, MA
☎ 508-824-3554
Seasonal

Brockton Fairgrounds Farmers' Market
Brockton Fair Grounds
Swasea, MA
☎ 508-674-0640
Seasonal – Saturday

Brookline Farmers' Market
Coolidge Corner, Webster St., Municipal lot
Brookline, MA
☎ 617-566-8005
Seasonal – Thursday

Buzzards Bay Farmers' Market
Main St., Bourne near C of C
South Westport, MA
☎ 508-636-6228
Seasonal – Friday

Cambridge Central Sq. Farmers' Market
Bishop Allen & Norfolk streets, parking lot
Cambridge, MA
☎ 413-527-6572
Seasonal – Monday

Cambridge Charles Sq. Farmers' Market
Charles Hotel, Harvard Square
Cambridge, MA
☎ 508-786-0729
Seasonal – Sunday

Cambridgeport Farmers' Market
Lindstorm Field by Morse School, Granito St.
Cambridge, MA
☎ 617-547-0877
Seasonal – Saturday

Charlestown Farmers' Market
Thompson Square Main & Austin St.
Charlestown, MA
☎ 617-241-8866
Seasonal – Wednesday

Charlton/Mass Pike 5E Farmers' Market
Visitor information service area
Boston, MA
☎ 617-248-2962
Seasonal

Charlton/Mass Pike 6W Farmers' Market
Information service area
Boston, MA
☎ 617-248-2962
Seasonal

Chatham Farmers' Market
Veterans Park, Route 28
South Chatham, MA
☎ 508-945-1555
Seasonal – Thursday

Chelsea Community Market
Chelsea Square, in front of police station
Chelsea, MA
☎ 617-889-8266
Seasonal – Saturday

Chicopee Farmers' Market
Fairfield Mall parking lot, Memorial Dr.
Chicopee, MA
☎ 413-594-2101
Seasonal – Tuesday

Cliftondale Farmers' Market
Cliftondale Square exit off Route 1
Saugus, MA
☎ 781-231-4142
Seasonal – Tuesday

Clinton Farmers' Market
Church St. at Central Park
Bolton, MA
☎ 978-365-5926
Seasonal – Saturday

Codman Square Farmers' Market
Corner of Washington & Talbot streets
Dorchester, MA
☎ 617-822-8139
Seasonal – Wednesday

Cohasset Village Farmers' Market
Cohasset Common, Main St.
Cohasset, MA
☎ 781-383-2284
Seasonal – Thursday

Copley Square Farmers' Market
St. James Ave.
Boston, MA
☎ 413-527-6572
Seasonal – Tuesday and Friday

Dedham Farmers' Market
St. Mary's Church parking lot, High St.
Southampton, MA
☎ 413-527-6572
Seasonal – Thursday

Dudley Square Farmers' Market
Dudley St. & Blue Hill Ave.
Roxbury, MA
☎ 781-259-8621
Seasonal – Thursday

Easthampton Farmers' Market
Union Plaza
Easthampton, MA
☎ 413-527-5989
Seasonal – Tuesday

Fall River Farmers' Market I
Ruggles Park
North Dighton, MA
☎ 508-880-1372
Seasonal – Wednesday

Fall River Farmers' Market II
Kennedy Park
Fall River, MA
☎ 508-880-1372
Seasonal – Saturday

Falmouth Farmers' Market
Main St., Peg Norman Park
Falmouth, MA
☎ 508-564-5516
Seasonal – Thursday and Saturday

Fields Corner Farmers' Market
Park St., Purity Supreme parking lot
Dorchester, MA
☎ 617-825-9126
Seasonal – Saturday

Fitchburg Farmers' Market
Valley West Shopping Plaza, River St.
Fitchburg, MA
☎ 508-582-4824
Seasonal – Tuesday and Friday

Fitchburg Renaissance Farmers' Market
Main St., next to City Hall
Fitchburg, MA
☎ 978-343-3836
Seasonal – Monday

Florence Farmers' Market
Florence Civic Center
Florence, MA
☎ 413-527-3603
Seasonal – Wednesday

Framingham Farmers' Market I
St. Tarcisius Church
Framingham, MA
☎ 508-435-4147
Seasonal – Wednesday

Framingham Farmers' Market II
Route 9, Caldor's & Ken's Place
Framingham, MA
☎ 413-527-6572
Seasonal – Thursday

Franklin Park Farmers' Market
Franklin Park Rd.
Boston, MA
☎ 617-287-1481
Seasonal – Sunday

Gardner Farmers' Market
Monument Square, Route 101
Gardner, MA
☎ 508-928-5575
Seasonal – Monday and Thursday

Great Barrington Farmers' Market
Castle St.
Great Barrington, MA
☎ 413-527-6572
Seasonal – Saturday

Greenfield Farmers' Market
Courthouse Square
Greenfield, MA
☎ 413-863-4772
Seasonal – Saturday

Haverhill Farmers' Market
Main St. & Bailey Blvd.
Haverhill, MA
☎ 978-374-1709
Seasonal – Saturday

Hingham Farmers' Market
Station St., Hingham Harbor
Hingham, MA
☎ 781-749-4643
Seasonal – Wednesday and Saturday

Holden Grange Farmers' Market
Back of Town Hall
Holden, MA
☎ 978-355-4826
Seasonal – Tuesday

Holden Tuesday Evening Market
1104 Main St., Mini Mart parking lot
Fitchburg, MA
☎ 978-874-0244
Seasonal – Tuesday

Holyoke Farmers' Market
Dwight & Hampden St.
Holyoke, MA
☎ 413-534-3376
Seasonal – Thursday

Huntington/Hilltown Farmers' Market
Huntington Town Center
Huntington, MA
☎ 413-623-5356
Seasonal – Saturday

Hyde Park Farmers' Market
Logan Square, Fairmont Ave. & River St.
Hyde Park, MA
☎ 617-361-6964
Seasonal – Thursday

Jamaica Plain Farmers' Market
Centre St.
Jamaica Plain, MA
☎ 617-522-1892
Seasonal – Tuesday

Johnny Appleseed/Lancaster
Visitor Center, Rte. 2 W, bet. exits 35 & 34
Leominster, MA
☎ 978-534-2975
Seasonal – Sunday

Lawrence Farmers' Market
Appleton Way
Lawrence, MA
☎ 978-688-3569
Seasonal – Wednesday

Lee Farmers' Market
Town parking lot, Main St.
Lee, MA
☎ 413-243-3088
Seasonal – Friday

Lincoln/Codman Farmers' Market
Corner of Lincoln & Codman Rd.
Lincoln, MA
☎ 781-259-1259
Seasonal – Saturday

Lowell Outdoor Farmers' Market
Downtown, Palmer St.
Lowell, MA
☎ 978-459-0551
Seasonal – Friday

Lynn Farmers' Market
Olympia Square, Washington St. & Central
Lynn, MA
☎ 781-598-4000
Seasonal – Thursday

Marblehead Farmers' Market
Middle School, 89 Village St.
Marblehead, MA
☎ 781-631-1243
Seasonal – Saturday

Marlborough Farmers' Market
Bolton St. & Route 20
Marlborough, MA
☎ 978-365-5926
Seasonal – Thursday and Saturday

Maynard Farmers' Market
Corner of Nason & Summer streets
South Hamilton, MA
☎ 413-527-6572
Seasonal – Saturday

Melrose Farmers' Market
City Hall parking lot, Main St.
Melrose, MA
☎ 781-324-9648
Seasonal – Thursday

Middleboro Farmers' Market
Pratt Farm off Route 105
Middleboro, MA
☎ 508-947-8918
Seasonal – Saturday

Milton Farmers' Market
The Wharf at Milton Lower Mills
Milton, MA
☎ 617-696-6056
Seasonal – Thursday

Nantucket Farmers' Market
Corner of Main & Federal streets
Nantucket, MA
☎ 508-228-9403
Seasonal – Monday and Saturday

Natick Farmers' Market
Natick Common, Downtown
Natick, MA
☎ 508-653-6596
Seasonal – Saturday

New Bedford Farmers' Market
Brooklawn Park, Ashley Blvd.
Dartmouth, MA
☎ 508-636-6228
Seasonal – Saturday

Newton Farmers' Market
Cold Spring Park, Beacon St.
Newton Highlands, MA
☎ 617-552-7120
Seasonal – Tuesday

North Adams Farmers' Market
Berkshire Plaza, Artery & Holden St.
North Adams, MA
☎ 413-663-3735
Seasonal – Saturday

North Attleboro Farmers' Market
Veterans Park, Downtown
Attleboro, MA
☎ 508-695-4814
Seasonal – Thursday

Northampton Farmers' Market
Gothic St., Downtown
Northampton, MA
☎ 413-527-3603
Seasonal – Saturday

Norwood Farmers' Market
Municipal parking lot
Manhattan & College streets
South Hamilton, MA
Seasonal – Tuesday

Orange Farmers' Market
Butterfield Park, E. River St.
Turners Falls, MA
☎ 978-544-2845
Seasonal – Thursday

Orleans Farmers' Market
Cape Cod Five Ops. Ctr., 19 West Rd.
Orleans, MA
☎ 508-255-0951
Seasonal – Saturday

Palmer Farmers' Market
Main & Walnut streets
Palmer, MA
☎ 413-283-2614
Seasonal – Saturday

Pittsfield Farmers' Market (Downtown)
Columbus Ave.
Pittsfield, MA
☎ 413-443-6501
Seasonal

Pittsfield Plaza Farmers' Market
Houstatonic St., Route 20
Dalton, MA
☎ 413-442-7511
Seasonal – Thursday

Quincy Farmers' Market
John Hancock parking lot, Quincy Center
Quincy, MA
☎ 617-479-1601
Seasonal – Friday

Roslindale Farmers' Market
Taft Ct.
Roslindale Village, MA
☎ 617-325-4714
Seasonal – Saturday

Scollay Square Farmers' Market
Boston City Hall Plaza
Boston, MA
☎ 413-527-6572
Seasonal – Monday and Wednesday

Shelburne Falls Farmers' Market
Front of Memorial Hall, Bridge St.
Ashfield, MA
☎ 413-625-9615
Seasonal – Saturday

Somerville Farmers' Market
Davis Square Day & Herbert streets
Somerville, MA
☎ 413-527-6572
Seasonal – Wednesday

South End Farmers' Market
Corner of Tremont & Clarendon streets
Boston, MA
☎ 617-536-2488
Seasonal – Wednesday

Springfield Cooperative Farmers' Market
Avocado St.
Agawam, MA
☎ 413-786-2489
Seasonal – Saturday

Springfield Downtown Farmers' Market
Tower Square park, Main & Bridge streets
South Hamilton, MA
☎ 413-527-6572
Seasonal – Wednesday

Springfield Farmers' Market
475 Summer Ave.
Springfield, MA
☎ 413-737-1724
Seasonal – Tuesday

Taunton Farmers' Market
Municipal parking lot, Trescot St.
Taunton, MA
☎ 508-222-3477
Seasonal – Thursday

Taunton/Weir Farmers' Market
Municipal parking lot, W. Water St.
Rehoboth, MA
☎ 508-222-3477
Seasonal – Tuesday

Thomas Mill Marketplace
Across from Town Hall, Route 14
Hanson, MA
☎ 781-293-2992
Seasonal – Saturday

Topsfield Farmers' Market
Topsfield Fairgrounds, Route 1
Topsfield, MA
☎ 508-887-2450
Seasonal – Saturday

Tri-City Farmers' Market
City Hall Plaza
Malden, MA
☎ 781-322-4125
Seasonal – Tuesday

Turners Falls Farmers' Market
Avenue A & 2nd St.
Turners Falls, MA
☎ 413-863-4772
Seasonal – Wednesday

Waltham Farmers' Market
Main & Moody St.
Waltham, MA
☎ 781-893-0361
Seasonal – Monday and Saturday

Wareham Farmers' Market
Merchants Way, behind Main St.
Wareham, MA
☎ 508-295-1429
Seasonal – Saturday

Wellesley Farmers' Market
American Legion, Washington St.
South Hamilton, MA
☎ 413-527-6572
Seasonal – Thursday

Westfield Farmers' Market
Downtown Westfield, Elm St.
Westfield, MA
☎ 413-562-7221
Seasonal – Saturday

West Newbury/Laurel Grange Market
Garden St.
West Newbury, MA
☎ 978-352-2966
Seasonal – Saturday

West Tisbury Farmers' Market
Agricultural Hall, State Rd.
Haven, MA
☎ 508-693-7927
Seasonal – Saturday and Wednesday

Williamstown Farmers' Market
Spring St. parking lot
Williamstown, MA
☎ 413-458-4988
Seasonal – Saturday

Worcester Commons Farmers' Market
The Commons at City Hall
Springfield, MA
☎ 413-527-6572
Seasonal – Wednesday

Worcester West Side Farmers' Market
Corner of Chandler & Mayfield streets
Bolton, MA
☎ 413-527-6572
Seasonal – Wednesday

Michigan

Adrian Farmers' Market
Toledo St. parking lot
Adrian, MI
☎ 517-263-2161, ext. 274
Seasonal – Wednesday and Saturday
Albion Farmers' Market

Stauffer Plaza
Albion, MI
☎ 517-629-5533
Seasonal – Wednesday and Saturday

Allegan Farmers' Market
Hubbard St. parking lot
Allegan, MI
☎ 616-673-2479
Seasonal – Thursday and Saturday

Alma Farmers' Market
Woodworth & Downie St.
Alma, MI
☎ 517-463-6888
Seasonal – Wednesday, Friday & Saturday

Alpena Farmers' Market
2123 North M-65
Alpena, MI
☎ 517-379-4761
Seasonal

Ann Arbor Farmers' Market
315 Detroit St.
Ann Arbor, MI
☎ 313-761-4078
Year-round – Wednesday and Saturday

Antrim County Farmers' Market
Broad St., behind County Building
Bellaire, MI
☎ 616-533-8360
Seasonal 0150 Friday

Battle Creek Farmers' Market
22931 North Ave.
Battle Creek, MI
☎ 616-963-8394
Seasonal

Bay County Farmers' Market
108 Adams St.
Bay City, MI
☎ 517-893-0541
Seasonal – Tuesday and Thursday

Big Rapids Farmers' Market
N. Fourth Ave.
Big Rapids, MI
☎ 616-592-4000
Seasonal – Wednesday

Blissfield Farmers' Market
¾ mile from downtown area
Blissfield, MI
☎ 517-423-4012
Seasonal

Brighton Farmers' Market
131 Hyne
Brighton, MI
☎ 313-229-9478
Seasonal

Cadillac Farmers' Market
Lake St., next to Rotary Arts Pavilion
Cadillac, MI
☎ 616-779-9480
Seasonal – Tuesday and Friday

Canton Farmers' Market
Ford & Sheldon roads
Canton, MI
No phone
Seasonal

Cheboygan Farmers' Market
City Hall parking lot
Cheboygan, MI
☎ 616-627-8815
Seasonal – Saturday

Chelsea Farmers' Market
1180 S. Main

Chelsea, MI
☎ 734-475-1145
Seasonal

Coopersville Farmers' Market
DDA Pavilion, north of Main St.
Coopersville, MI
☎ 616-837-9731
Seasonal

Detroit Eastern Market
2934 Russell St.
Detroit, MI
☎ 313-833-1560
Year-round

Dowagiac Farmers' Market
Downtown area
Dowagiac, MI
☎ 616-782-8148
Seasonal – Monday and Wednesday

Downtown Saginaw Farmers' Market
E. Genesee & Baum streets
Saginaw, MI
☎ 517-771-2409
Seasonal – Monday, Wednesday & Friday

Durand Depot Farmers' Market
Durand Union Station, Main & Hagel St.
Durand, MI
☎ 517-288-3561
Seasonal

East Jordan Farmers' Market
Main St.
Ellsworth, MI
☎ 616-536-2677
Seasonal

East Lansing Farmers' Market
Division St. parking ramp
East Lansing, MI
☎ 517-337-1731, ext. 202
Seasonal – Sunday and Thursday

Escanaba Farmers' Market
Corner of 1st Ave., North & 9th St.
Escanaba, MI
☎ 906-466-5598
Seasonal – Wednesday and Saturday

Escanaba Farmers' Market
Gladstone Pavilion, Gladstone Park
Gladstone, MI
☎ 906-466-5598
Seasonal – Monday

Flint Farmers' Market
420 E. Boulevard Dr.
Flint, MI
☎ 810-766-7449
Year-round

Freemont Farmers' Market
Main St. parking lot
Freemont, MI
☎ 616-924-0500
Seasonal – Saturday

Grand Haven Farmers' Market
Chinook Pier, Harbor Dr. & 1st St.
Grand Haven, MI
☎ 616-842-4910
Seasonal

Grand Rapids Fulton St. Farmers' Market
1147 E. Fulton St.
Grand Rapids, MI
☎ 616-454-4118
Seasonal – Tuesday-Thursday & Saturday

Grand Rapids City Farmers' Market II
140 Monroe Center
Grand Rapids, MI
☎ 616-774-7124, ext. 2
Seasonal – Thursday

Greenville Farmer's Market
116 E. Washington
Greenville, MI
☎ 616-754-5697
Seasonal – Tuesday and Friday

Hastings Farmers' Market
N. Bradley St. (M-43)
Hastings, MI
☎ 616-945-5695
Seasonal

Holland Farmers' Market
Holland Civic Center
Holland, MI
☎ 616-355-1130
Seasonal – Wednesday and Saturday

Hopkins Farmers' Market
204 Selby St.
Hopkins, MI
☎ 616-793-7420
Seasonal

(Houghton) Copper Country Farmers' Mkt.
Copper Country Mall
Houghton, MI
☎ 906-482-6210
Seasonal

Howell Farmers' Market
State St.
Howell, MI
☎ 517-223-3101
Seasonal – Sunday

Ionia Farmers' Market
Corner of Adams and State streets
Ionia, MI
☎ 616-527-2560
Seasonal

Iron Mountain Farmers' Market
Behind City Hall
Iron Mountain, MI
☎ 906-779-9034
Seasonal

Island Park Farmers' Market
331 N. Main St.
Pleasant, MI
☎ 517-773-7971, ext. 264
Seasonal – Thursday

Ithaca Farmers' Market
City Hall
Ithaca, MI
☎ 517-875-3200
Seasonal

Kalamazoo City Farmers' Market
1200 Banks St.
Kalamazoo, MI
☎ 616-337-8606/8899
Seasonal – Tuesday, Thursday & Saturday

Lansing City Market
333 N. Cedar
Lansing, MI
☎ 517-483-7460
Year-round

Lapeer County Farmers' Market
Main St., near Courthouse
Lapeer, MI
☎ 810-667-0341
Seasonal – Wednesday and Saturday

Livonia Farmers' Market
Middlebelt & West Chicago
Livonia, MI
☎ 734-466-2538
Seasonal – Wednesday and Saturday

Main Street Farmers' Market
300 block of Huron Ave.
Port Huron, MI
☎ 810-329-2072
Seasonal – Saturday

Meridian Township Farmers' Market
Pavilion behind Meridian Township offices
Okenos, MI
☎ 517-349-1200, ext. 330
Seasonal – Wednesday and Saturday

Midland Farmers' Market
Downtown Midland at bridge
Midland, MI
☎ 517-839-9901
Seasonal – Monday through Friday

Monroe Farmers' Market
20 E. Willow St.
Monroe, MI
No phone
Seasonal – Tuesday and Saturday

Mount Clemens Farmers' Market
58 S. Gratiot Mount
Clemens, MI
☎ 810-469-4168
Seasonal – Friday and Saturday

Mt. Pleasant Farmers' Market
Island Park
Mt. Pleasant, MI
☎ 517-773-7971, ext. 267
Seasonal

Muskegon Heights Farmers' Market
3124 Wood
Muskegon Heights, MI
☎ 616-739-3378
Seasonal

Muskegon Farmers' Market
700 Yuba St.
Muskegon, MI
☎ 616-724-6326
Seasonal – Tuesday, Thursday & Saturday

Oakland County Farmers' Market
2350 Pontiac Lake Rd.
Waterford Township, MI
☎ 810-858-5495/9807
Seasonal – Tuesday, Thursday & Saturday

Otsego County Farmers' Market
Center North 27
Gaylord, MI
No phone
Seasonal – Saturday

Owosso Farmers' Market
2232 E. Bennington Rd.
Durand, MI
☎ 517-743-4841
Seasonal – Wednesday and Saturday

Petoskey Farmers' Market
Emmet Cty. Fairgrounds, Charlevoix Ave.
Petoskey, MI
☎ 616-347-6267
Seasonal – Saturday

Plymouth Farmers' Market
386 S. Main St.
Plymouth, MI
☎ 734-453-1540
Seasonal – Saturday

Port Huron Outlet Center Market
Horizon Outlet Center, Range Rd.
Port Huron, MI
☎ 810-329-2072
Seasonal

Royal Oak Farmers' Market
316 E. 11 Mile Rd.
Royal Oak, MI
☎ 313-548-8822
Seasonal – Tuesday and Saturday

Saginaw City Farmers' Market
Saginaw County Fairgrounds
Saginaw, MI
☎ 517-753-4408
Seasonal – Tuesday, Thursday & Saturday

Sault Ste. Marie Farmers' Market
Route 2
Sault Ste. Marie, MI
☎ 906-632-7021
Seasonal

South Haven Farmers' Market
6155 104th Ave.
Grand Junction, MI
☎ 616-637-9277
Seasonal

St. Charles Farmers' Market
9683 S. Fortney Rd.
St. Charles, MI
☎ 517-885-9748
Seasonal

Stephenson Farmers' Market
Extension Building parking lot on US 41
Stephenson, MI
☎ 906-753-6337
Seasonal

Tecumseh Farmers' Market
101 W. Chicago
Tecumseh, MI
☎ 517-423-3740
Seasonal – Saturday

Traverse City Farmers' Market
112½ E. Front St.
Traverse City, MI
☎ 616-775-0249
Seasonal – Wednesday and Saturday

Ypsilanti City Farmers' Market
1 S. Huron St.
Ypsilanti, MI
☎ 313-483-1480
Seasonal – Wednesday and Saturday

Minnesota

Aldrich Arena Farmers' Market
1850 White Bear Ave.
St. Paul, MN
☎ 612-227-8101
Seasonal – Wednesday

Alexandria Farmers' Market
Village Pantry Foods, 2020 Fillmore St.
Alexandria, MN

☎ 320-763-6893
Seasonal – Tuesday, Thursday & Saturday

Anoka County Farmers' Market I
Immaculate Conception Church
4030 Northeast Jackson St.
Columbia Heights, MN
☎ 612-493-8335
Seasonal – Thursday

Anoka County Farmers' Market II
St. Timothy's Catholic Church
707 89th Ave., NE
Blaine, MN
☎ 612-493-8335
Seasonal – Saturday

Anoka County Farmers' Market III
2nd Ave. & Jackson St.
Anoka, MN
☎ 612-493-8335
Seasonal – Saturday and Sunday

Brooklyn Park Farmers' Market (2 loc.)
87th & Zane (Brooklyn Park); Brooklyn at Blvd & Zane (Old Town Hall Square)
Brooklyn Park, MN
☎ 612-493-8335
Seasonal – Tuesday, Friday & Wednesday

Burnsville Farmers' Market
3333 Cliff Rd.
Burnsville, MN
☎ 612-227-6856
Seasonal – Thursday

Central Park Farmers' Market
Central Park
Litchfield, MN
☎ 320-453-3835
Seasonal – Thursday

Central Rivers Farmers' Market
10575 Wyoming Ave.
Chicago City, MN
☎ 612-257-6320
Seasonal – Saturday and Sunday

Dinkytown Farmers' Market
1313 5th St., SE
Minneapolis, MN
☎ 612-379-0839
Seasonal

Excelsior Farmers' Market
Lyman Park at Water St.
Excelsior, MN
☎ 612-474-5330
Seasonal – Thursday

Granite Falls Farmers' Market
Sorlein Park
Granite Falls, MN
☎ 320-564-4039
Seasonal – Wednesday and Saturday

Great River Farmers' Market
Hwy. 169, South, Wal-Mart
Grand Rapids, MN
☎ 218-326-0761
Seasonal – Wednesday and Saturday

Har Mar Farmers' Market
County Rd. B & Snelling Ave.
Roseville, MN
☎ 612-227-6856
Seasonal – Tuesday

Healthy Powderhorn Farmers' Market
E. 31st St. & Chicago Ave., South
Minneapolis, MN
☎ 612-721-5745
Seasonal – Saturday

Hendricks Farmers' Market
Main St.
Hendricks, MN
No phone
Seasonal – Friday

Hopkins Farmers' Market
16 9th Ave., South
Hopkins, MN
☎ 612-922-7703
Seasonal – Saturday

Ivanhoe Farmers' Market
Gilson Field Park
Ivanhoe, MN
No phone
Seasonal – Wednesday

Kanne Orchard Faribo Farmers' Market
19365 Cannon City Rd.
Faribault, MN
☎ 507-334-5147; 800-630-9884
Seasonal – Saturday and Sunday

Little Falls Farmers' Market
Bay St.
Little Falls, MN
☎ 320-632-5155
Seasonal – Wednesday and Saturday

Mall of America Farmers' Market
East side parking lot on 24th Ave., South
Bloomington, MN
☎ 612-227-6856
Seasonal – Wednesday

Mankato Farmers' Market
Madison East Center, 1400 Madison Ave.
Mankato, MN
☎ 507-345-4494; 507-387-7366
Seasonal – Tuesday, Thursday & Saturday

Minneapolis Farmers' Market
Off I-94, exit 230 (Lyndale Ave.)
Minneapolis, MN
☎ 612-333-1718
Seasonal – Daily

Montevideo Farmers' Market
Smith Park St., NE end of downtown pkg lot
Montevideo, MN
☎ 320-269-2105
Seasonal – Tuesday, Thursday & Saturday

Nicollet Mall Farmers' Market
Nicollet Mall
Minneapolis, MN
☎ 612-333-1718
Seasonal – Thursday

Northfield Area Farmers' Market
7th St., Riverside Park
Northfield, MN
☎ 612-463-3577
Seasonal

Richfield Farmers' Market
Veteran's Memorial Park, 64th & Portland
Richfield, MN
☎ 612-861-9385
Seasonal – Saturday

Rochester Downtown Farmers' Market
1st Ave.
Rochester, MN
☎ 507-753-2651
Seasonal – Saturday

Rushford Community Farmers' Market
Nordic Lanes parking lot
Rushford, MN
☎ 507-864-7720
Seasonal

St. Cloud Area Farmers' Market (3 loc.)
12th & Division (1st American Bank);
6th Ave. & Germain St. (dwntwn);
and Waite Park
St. Cloud, MN
☎ 320-398-6252
Seasonal – Thursday and Saturday

St. Luke's Farmers' Market
Summit & Lexington Ave., St. Luke's Church
St. Paul, MN
☎ 612-227-6856
Seasonal – Friday

St. Paul Farmers' Market I
Signal Hills Shopping Center
Butler & Roberts streets
West St. Paul, MN
☎ 612-227-6856
Seasonal – Friday

St. Paul Weekend Farmers' Market
290 E. 5th St.
St. Paul, MN
☎ 612-227-6856
Seasonal – Saturday and Sunday

Seventh Place Mall Market
St. Peter & Wabasha streets
St. Paul, MN
☎ 612-227-6856
Seasonal – Tuesday and Thursday

Springfield Farmers' Market
Riverside Park
Springfield, MN
☎ 507-723-5375
Seasonal – Wednesday and Saturday

Stillwater Gardeners' Market
2nd & Myrtle St.
Stillwater, MN
☎ 715-386-8974
Seasonal – Saturday

The Community Farmers' Market
Dike East Park on 2nd St., South

Fargo/Moorhead, MN
☎ 218-498-0216
Seasonal – Tuesday, Thursday & Saturday

Virginia Farmers' Market
National Guard Armory, 8½ St., South
Virginia, MN
☎ 218-865-4732
Seasonal – Tuesday and Friday

Watonwan County Farmers' Market
St. James Downtown Park
St. James, MN
☎ 507-375-3333
Seasonal – Tuesday and Thursday

Westonka Farmers' Market
County Roads 15 & 110
Mound, MN
☎ 612-472-0342
Seasonal – Monday, Wednesday, Saturday

Mississippi

Allen Eubanks Produce
4208 Sawmill Rd.
Lucedale, MS
☎ 601-947-9661
Seasonal

Bessie & Woody's Fruit Stand
Hwy. 27 North
Tylertown, MS
No phone
Seasonal

Bill's Produce
5311 Hwy. 80 East
Pearl, MS
☎ 601-992-0570
Seasonal

Brookway Market Basket
803 Brookway
Brookhaven, MS
☎ 601-835-2855
Seasonal

Byrum Produce Market
5812 Terry Rd.
Jackson, MS
☎ 601-373-5938
Seasonal

Canton Farmers' Market
105 Front St.
Canton, MS
☎ 601-859-3815
Seasonal

Case Produce
Route 2
McCall Creek, MS
☎ 601-833-5743
Seasonal

Central Farmers' Market
352 Woodrow Wilson
Jackson, MS
☎ 601-354-6573
Seasonal

Central Tomato Co.
4005 Hwy. 515
McComb, MS
☎ 601-684-2376
Seasonal

Church Hill Produce Market
Route 2
Church Hill, MS
☎ 601-442-2321
Seasonal

Columbia Produce Market
151 S. High St.
Columbia, MS
☎ 601-736-1150
Seasonal

Columbus Farmers' Market
3rd Ave. & 2nd St. North
Columbus, MS
☎ 601-328-4164
Seasonal – Tuesday, Thursday & Saturday

David Courtney Produce
7244 Beaver Dam Rd.
Lucedale, MS
☎ 601-947-2601
Seasonal

D&D Produce
3089 Terry Rd.
Jackson, MS
☎ 601-352-5682
Seasonal

Donna's Produce
3875 Hwy. 49, North
Florence, MS
☎ 601-845-7037
Seasonal

Durant Farmers' Market
Hwy. 515
Durant, MS
☎ 601-653-3424
Seasonal

Farm Fresh Produce
2138 Hwy. 49, North
Semminary, MS
☎ 601-722-9363
Seasonal

Freeman's Produce Market
Hwys. 28 & 35
Mize, MS
☎ 601-733-2358
Seasonal

Greenwood Farmers' Market
2503 Browning Rd.
Greenwood, MS
☎ 601-453-7523
Seasonal

Gulfport Farmers' Market
2850 W. Railroad St.
Gulfport, MS
☎ 228-864-6456
Seasonal

Hattiesburg Farmers' Curb Market
107 Beverly Lane
Hattiesburg, MS
☎ 601-583-9954
Seasonal

Jimmie's Market Basket
Hwy. 515, South
Crystal Springs, MS
☎ 601-892-5171
Seasonal

J.J. Produce
Route 1, Hwy. 615, South
Shaw, MS
☎ 601-754-2899/6231
Seasonal

Johnny's Produce Stand
7678 Hwy. 49, North
Hattiesburg, MS
☎ 601-268-7186
Seasonal

Kemper Produce
Hwy. 16
DeKalb, MS
☎ 601-743-2837
Seasonal

Landrum Produce Mart
6031 Clinton Blvd.
Jackson, MS
☎ 601-922-2227
Seasonal

Larry Boykin's Produce
Route 1
Taylorsville, MS
☎ 601-785-4408
Seasonal

Mapp Fruit Stand
Hwy. 49, North
Mount Olive, MS
☎ 601-765-8393
Seasonal

Meadows Produce
387 Simpson, Hwy. 149
Magee, MS
☎ 601-847-3590
Seasonal

Meridian Area Farmers' Market
1800 Main St.
Meridian, MS
☎ 601-482-9764
Seasonal

Meridian Farmers' Market
2915 Fifth St.
Meridian, MS
☎ 601-693-4935
Seasonal

Moody's Main St. Produce
5399 Hwy. 42 Bypass
Hattiesburg, MS
☎ 601-584-1095
Seasonal

Morgan Produce Market
Hwy. 22 West
Canton, MS
☎ 601-922-1381
Seasonal

Natchez Smokehouse Produce
310 Liberty Rd.
Natchez, MS
☎ 601-446-7657
Seasonal

Neshoba County Farmers' Market
Hwy. 162 East, Farm Bureau Building
Philadelphia, MS
☎ 601-426-9583
Seasonal

Open Air Curb Market I
605 Cross St.
Laurel, MS
☎ 601-426-6765
Seasonal

Open Air Curb Market II
1000 Ellisville Blvd.
Laurel, MS
☎ 601-426-9583
Seasonal

Pascagoula Farmers' Market
2902 Shortart Rd.
Pascagoula, MS
☎ 601-762-6043
Seasonal

Quality Produce
Hwy. 61
Cleveland, MS
☎ 601-843-1506
Seasonal

Railroad Boulevard Market
278 Tate St.
McComb, MS
☎ 601-249-0116
Seasonal

Ross' Produce
3243 Hwy. 613
Vicksburg, MS
☎ 601-636-5487
Seasonal

Shady Acres Fruit Stand
Old Country Store (Hwy. 49 North)
Semminary, MS
☎ 601-722-4130
Seasonal

Southside Curb Market
2605 C St.
Meridian, MS
☎ 601-483-0923
Seasonal

Starkville Farmers' Market
South Jackson St.
Starkville, MS
☎ 601-323-5916
Seasonal

Sue's Produce
1554 Old Forest Rd.
Pulaski, MS
☎ 601-469-1789
Seasonal

The Apple Basket
210 Central Ave.
Petal, MS
☎ 601-544-4051
Seasonal

The Garden Spot
5009 Hwy. 80 East
Brandon, MS
☎ 601-825-3594
Seasonal

The Market Basket
Hwys. 6 & 15
Pontotoc, MS
☎ 601-489-7955
Seasonal

The Produce Market
6653 Hwy. 98 West
Hattiesburg, MS
☎ 601-271-7311
Seasonal

Walthall County Farmers' Market
250 Ball Ave.
Tylertown, MS
☎ 601-876-4021/0962
Seasonal

Wright's Fruit Stand
839 Hwy. 49
Richland, MS
☎ 601-939-0043
Seasonal

Missouri

Arcadia Valley Farmers' Market
Shepherd St., Iron Cty. Courthouse
Ironton, MO
☎ 573-546-7515
Seasonal – Saturday

Aurora Downtown Farmers' Market
City Hall south parking lot
Aurora, MO
☎ 417-678-0760
Seasonal – Wednesday and Saturday

Ava Growers Market
Public Square
Ava, MO
☎ 417-796-2449
Seasonal – Saturday

Barstow School Organic Farmers' Market
11511 State Line Rd.
Kansas City, MO
☎ 816-942-3255
Seasonal – Saturday

Barton County Farmers' Market
12th St. lot, between Gulf & Broadway
Lamar, MO
☎ 417-682-2865
Seasonal – Wednesday and Saturday

Bethany Farmers' Market
Northeast corner of Wal-Mart parking lot
Gilman City, MO
☎ 660-876-5303
Seasonal – Tuesday and Friday

Blue Springs Downtown Farmers' Market
Downtown Blue Springs, 11th & Main St.
Buckner, MO
☎ 816-650-9474
Seasonal – Saturday

Branson Area Farmers' Market
Scout Building
Branson, MO
☎ 870-426-5105
Seasonal – Tuesday, Thursday & Saturday

Cabool Farmers' Market
601 Main St. in Gateway Park
Cabool, MO
☎ 417-962-4183
Seasonal – Tuesday and Friday

Caldwell County Farmers' Market
Main St.
Hamilton, MO
☎ 816-583-4898
Seasonal – Saturday

Camden County Farmers' Market
Junction 5-54
Camdenton, MO
☎ 573-346-3898
Seasonal – Saturday

Cape Girardeau Farmers' Market
2001 Independence St., Plaza Gardens lot
Cape Girardeau, MO
☎ 573-334-7676
Seasonal – Thursday

Carroll County Farmers' Market
West side of Town Square, downtown
Carrollton, MO
☎ 660-542-2359
Seasonal – Friday

Carthage Main St. Farmers' Market
Carthage Square
Carthage, MO
☎ 417-358-4974
Seasonal – Wednesday and Saturday

Cass County Farmers' Market
Exit 291 off 71 Hwy. in Family Center-
Mill Walk Mall parking lot
Harrisonville, MO
Seasonal – Wednesday and Saturday

Cave Spring's Organic Farmers' Market
Corner of Gregory & Blue Ridge Blvd.
Cave Spring, MO
☎ 816-358-2283
Seasonal – Saturday or Sunday

Chillicothe Farmers' Market
Hwy. 65, Downtown area

Chillicothe, MO
☎ 660-745-3346
Seasonal – Saturday

City Market
5th & Walnut
Kansas City, MO
☎ 816-842-1271
Year-round

City of Poplar Bluff
Morgan St., between Cedar & Cherry St.
Poplar Bluff, MO
☎ 573-686-8616
Seasonal

Clinton Farmers' Market
Hwy. 7 & 2nd St., Plaza Shopping Center
Windsor, MO
☎ 417-644-2968
Seasonal – Wednesday and Saturday

CMRF Rolla Farmers' Market
Hwy. 63, ¾ mi. south past Rolla city limits
Rolla, MO
☎ 573-364-7855
Seasonal – Saturday

Cole County Farmers' Market
Kmart parking lot
Jefferson City, MO
☎ 573-392-4838
Seasonal – Tuesday, Friday and Saturday

Columbia Farmers' Market
Ash & Clinkscales streets
Columbia, MO
☎ 573-442-9215
Seasonal – Saturday

Dade County Farmers' Market
Junction of Hwys. 160 and 39
Greenfield, MO
☎ 417-232-4512
Seasonal – Friday

E. Central MO Farmers' Market
USDA parking lot in Bowling Green
Bowling Green, MO
☎ 573-485-7261
Seasonal – Tuesday

East Central MO Farmers' Market-Silex
136 Zumwalt Rd.
Silex, MO
☎ 573-485-7261
Seasonal – Saturday

East Central MO Farmers' Market- Troy
Troy City Park, S. Main & Boone streets
Troy, MO
☎ 314-528-4613
Seasonal – Thursday

East Hills Farmers' Market
Corner of Woodbine & Faraon streets
St. Joseph, MO
☎ 660-632-1350
Seasonal – Wednesday and Saturday

Farmers' Market of Laclede County
Christian Life Fellowship Church
Lebanon, MO
☎ 573-765-3874
Seasonal – Saturday

Farmington Farmers' Market
VFW parking lot, 842 E. Karsch Blvd.
Farmington, MO
☎ 573-756-3666
Seasonal – Saturday

Fayette Area Farmers' Market
Morrison St. at Courthouse Square
Fayette, MO
☎ 660-248-3949
Seasonal – Tuesday and Saturday

Fulton Farmers' Market
Market & 6th streets
Fulton, MO
☎ 573-642-2498
Seasonal – Mon., Wed. & Sat.

Greater Springfield Farmers' Market
Battlefield Mall, Sunset & Glenstone Ave.
Springfield, MO
☎ 417-887-4156
Seasonal – Tuesday, Thursday & Saturday

Hannibal Farmers' Market
Central Park at 5th & Broadway
Hannibal, MO
☎ 573-221-2640
Seasonal – Tuesday and Saturday

Hermann Farmers' Market
First Bank parking lot, E. Second St.
Hermann, MO
☎ 573-486-2221
Seasonal – Wednesday and Saturday

Independence Farmers' Market
Truman Rd., White Oak & Main St.
Independence, MO
☎ 816-254-4338
Seasonal – Wednesday and Saturday

Jamesport Farmers' Market
Hwy. 190, 2 blocks south of post office
Jamesport, MO
☎ 660-684-6211
Seasonal – Mon., Wed. & Sat.

Jefferson City Farmers' Market
Washington Park, Viviou Field parking lot
Jefferson City, MO
☎ 573-634-6493
Seasonal – Tuesday and Friday

Kennett Farmers' Market - Food Fair
Corner of Main & College streets
Kennett, MO
☎ 573-888-9644
Seasonal – Saturday

Kirksville Kiwanis Farmers' Market
Adair County Courthouse, north side
Kirksville, MO
☎ 660-665-1928/0796
Seasonal – Saturday

Kirkwood Farmers' Market
E. Argonne St. & Taylor
Kirkwood, MO
☎ 314-822-0084
Seasonal – Thursday, Friday and Saturday

Lafayette Farmers' Market
Business Route 13 at junction of Hwy. 13
Higginsville, MO
☎ 660-584-3552
Seasonal – Tuesday

Lawrence County Farmers' Market
Hwy. 39 at Farm Bureau Building
Mt. Vernon, MO
☎ 417-466-7679
Seasonal – Saturday

Liberty Farmers' Market
West side of Courthouse & Liberty Square
Liberty, MO
☎ 816-792-1010
Seasonal – Wednesday and Saturday

Market in the Loop
6655 Delmar
University City, MO
☎ 314-725-1346
Seasonal – Thursday, Friday and Saturday

Maryville Farmers' Market
Mary Mart Shopping Center
Maryville, MO
☎ 816-582-7621
Seasonal – Wednesday and Saturday

Mexico Farmers' Market
Hardin Park
Mexico, MO
☎ 573-581-2756
Seasonal – Saturday

Mountain Grove Farmers' Market Assn.
Town Square
Mountain Grove, MO
☎ 417-948-2705
Seasonal – Saturday

Northside Farmers' Market
Barnes Food Store, Kansas & Division St.
Springfield, MO
☎ 417-869-0510
Seasonal

Ozark Farmers' Market
1 blk E of hwys 19 & 160, Alton Farm Ctr.
Alton, MO
☎ 417-778-7494
Seasonal – Monday through Saturday

Ozark Farmers' Market
1 blk E. of Hwys. 63 &142, Wal-Mart lot
Thayer, MO
☎ 417-778-7494
Seasonal – Monday through Saturday

Park Central Farmers' Market
The Square
Pleasant Hope, MO
☎ 417-759-2463
Seasonal – Friday

Park Hills MO Community Betterment Farmers' Market
Next to Flat River Creek Bridge
Park Hills, MO
☎ 573-431-3577
Seasonal – Saturday

Parkville Farmers' Market
At foot of East St.
Parkville, MO
☎ 816-450-8810
Seasonal – Saturday

Princeton Farmers' Market
Jct. of Hwys. 136 & 65, Snack Shack lot
Princeton, MO
☎ 660-748-3653
Seasonal – Saturday

Putnam Farmers' Market
In city park along Hwy. 5 north
Unionville, MO
No phone
Seasonal – Saturday

Quad-County Farmers' Market
Intersection of Hwys. 54 &13
Collins, MO
☎ 417-646-8214
Seasonal – Wednesday, Saturday & Sunday

Rock Port Farmers' Market
City Park shelter house, Country Club Dr.
Rock Port, MO
☎ 660-744-2803
Seasonal – Tuesday and Saturday

Rogersville Farmers' Market
Hwy. B in front of Caboose
Rogersville, MO
☎ 417-753-2439
Seasonal – Saturday

Sikeston Saturday Farmers' Market
Across from Union Pacific depot
Sikeston, MO
☎ 573-472-0667
Seasonal – Saturday

Smithville Farmers' Market
Smithville courtyard, Bridge & Main
Smithville, MO
☎ 816-532-4434
Seasonal – Saturday

Soulard Farmers' Market
730 Carroll St.
St. Louis, MO
☎ 314-622-4180
Year-round – Wednesday-Saturday

St. Charles Farmers' Market
On riverfront in Historic Downtown
St. Charles, MO
☎ 314-723-6945
Seasonal – Saturday

St. Joseph Downtown Farmers' Market
Felix St.
St. Joseph, MO
☎ 785-989-4752
Seasonal – Wednesday and Saturday

St. Genevieve County Farmers' Market
Old Rozier's Store lot, 3rd & Jefferson St.
St. Genevieve, MO
☎ 573-883-5866
Seasonal – Saturday

Tarkio Farmers' Market
4th and Main streets
Tarkio, MO
☎ 660-984-5518
Seasonal – Friday

Trenton Farmers' Market
Fairgrounds on Oklahoma Ave.
Trenton, MO
☎ 660-359-6441
Seasonal – Friday

Vernon County Farmers' Market
City lot, corner of Cedar St. & Hwy. 54
Nevada, MO
☎ 417-922-3536
Seasonal – Tuesday, Thursday & Saturday

Village of Rhineland Farmers' Market
Park Pavillion betw. Katy Trail & Hwy. 94
Rhineland, MO
☎ 573-236-4343
Seasonal – Friday

Warrensburg Farmers' Market
North St.

Warrensburg, MO
☎ 660-429-3988
Seasonal – Wednesday and Saturday

Washington County Farmers' Market
Washington Cty. Courthouse parking lot
Potosi, MO
☎ 573-438-2671
Seasonal – Saturday

Washington County Farmers' Market
Washington County Health Office
Potosi, MO
☎ 573-438-2671
Seasonal – Wednesday

Washington Tailgate Market
Front & Oak streets, riverfront
Washington, MO
☎ 314-239-2715
Seasonal – Wednesday and Saturday

Webster County Farmers' Market
Hwy 38, Empire Bank parking lot
Marshfield, MO
☎ 471-859-2914
Seasonal – Wednesday and Friday

West Plains Area Farmers' Market Assoc.
Washington Ave. & 2nd St.
West Plains, MO
☎ 417-257-1770
Seasonal – Tuesday, Thursday & Saturday

Willow Springs Farmers' Market
Across from M.U.N.C.H., Business 60-63
Willow Springs, MO
☎ 417-948-2480
Seasonal – Wednesday and Saturday

Montana

Billings Farmers' Market
Downtown on Broadway
Billings, MT
☎ 406-252-3126
Seasonal – Saturday

Bitterroot Farmers' Market
205 Bedford
Hamilton, MT
☎ 406-363-3338
Year-round – Tuesday and Saturday

Gallatin Valley Farmers' Market
Bogart Park
Bozeman, MT
☎ 406-587-3249
Seasonal

Great Falls Farmers' Market
17 Irish Acres
Great Falls, MT
☎ 406-453-5874
Seasonal

Helena Farmers' Market
Memorial Park
Helena, MT
☎ 406-442-1355
Seasonal – Saturday

Hi-Line Farmers' Market
510 2nd St.
Havre, MT
☎ 406-265-4754
Seasonal – Saturday

Kalispell Farmers' Market
Farm Road 4290 to Market Rd.
Kalispell, MT
☎ 406-755-0508
Seasonal – Tuesday and Saturday

Missoula Farmers' Market
2624 Spurgan Rd.
Missoula, MT
☎ 406-721-2351
Seasonal

Nebraska

Alliance Farmers' Market
3rd & Box Butte
Alliance, NE
☎ 308-762-6238
Seasonal – Saturday

Blair Farmers' Market
103 S. 12th St.
Blair, NE
☎ 402-426-5971
Seasonal – Wednesday and Saturday

Blue Valley Farmers' Market
Downtown, Courthouse Square
David City, NE

☎ 402-367-4436
Seasonal – Thursday

Broken Bow Farmers' Market
County General parking lot
Broken Bow, NE
☎ 308-872-6831
Seasonal – Thursday

Columbus Farmers' Market
Frankfurt Square, downtown
Columbus, NE
☎ 402-564-5688
Seasonal – Saturday and Thursday

Cozad Farmers' Market
8th & Meridian
Cozad, NE
☎ 308-784-2134
Seasonal – Saturday

Curtis Farmers' Market
Main St., Center Ave.
Curtis, NE
☎ 308-367-4286
Seasonal – Saturday

Fairbury Farmers' Market
Downtown Square, west side
Fairbury, NE
☎ 402-729-5568
Seasonal – Thursday

Fremont Farmers' Market
Downtown parking lot on 3rd & Park St.
Fremont, NE
☎ 402-727-2804
Seasonal – Thursday

Geneva Farmers' Market
East parking lot at County Courthouse
Geneva, NE
☎ 402-759-3399
Seasonal – Saturday

Gering Farmers' Market
11th & O streets
Gering, NE
☎ 308-635-3337
Seasonal – Saturday

Gothenburg Farmers' Market
Food Pride parking lot, 520 10th St.
Gothenburg, NE
☎ 308-537-2163
Seasonal – Saturday

Grand Island Farmers' Market
1704 W. 3rd St.
Grand Island, NE
☎ 308-382-1874
Seasonal – Daily

Hastings Farmers' Market
1st & Lincoln streets
Hastings, NE
☎ 402-462-4877
Seasonal – Saturday

Kearney Farmers' Market
Kmart parking lot
Kearney, NE
☎ 308-236-1235
Seasonal – Saturday

Lexington Farmers' Market
Grand Generation Center parking lot
Lexington, NE
☎ 308-324-2498
Seasonal – Saturday

Lexington Farmers' Market
Tyler & 6th St.
Lexington, NE
☎ 308-324-2498
Seasonal – Saturday

Lincoln Haymarket Farmers' Market
Downtown, Haymarket District
Lincoln, NE
☎ 402-435-7496
Seasonal – Saturday

Neligh Farmers' Market
Antelope County Courthouse
Neligh, NE
☎ 402-887-4271
Seasonal – Saturday

Norfolk Farmers' Market
7th & Norfolk Ave.
Norfolk, NE
☎ 402-371-2276
Seasonal – Tuesday, Thursday & Saturday

Norfolk Farmers' Market
Sunset Plaza parking lot
Norfolk, NE
☎ 402-371-2276
Seasonal – Tuesday, Thursday & Saturday

North Central Farmers' Market
East Hwy. 20, Ainsworth
Johnstown, NE
☎ 308-436-2768
Seasonal – Wednesday and Saturday

North Platte Farmers' Market
6th & Bailey streets
North Platte, NE
☎ 308-532-7469
Seasonal – Tuesday and Saturday

Omaha Farmers' Market
Old Market parking lot, 11th & Jackson St.
Omaha, NE
☎ 402-345-5401
Seasonal – Saturday

Osceola Farmers' Market
West side of Downtown Square
Osceola, NE
☎ 402-747-3441
Seasonal – Monday and Thursday

Pawnee City Farmers' Market
643 F St.
Pawnee City, NE
☎ 402-852-3131
Seasonal – Saturday

Pierce Farmers' Market
Downtown parking lot
Pierce, NE
☎ 402-329-6715
Seasonal – Friday

Plattsmouth Farmers' Market
Downtown, 5th & Main streets
Plattsmouth, NE
☎ 402-296-2909
Seasonal – Saturday and Wednesday

Schuyler Farmers' Market
12th & A St.
Schuyler, NE
☎ 402-986-1358
Seasonal – Thursday

Scottsbluff Farmers' Market
18th & Broadway
Scottsbluff, NE
☎ 402-887-4271
Seasonal – Thursday and Saturday

Seward Farmers' Market
North side of Courthouse Square
Seward, NE
☎ 402-643-4189
Seasonal – Thursday and Saturday

Stromsburg Farmers' Market
Downtown Square
Stromsburg, NE
☎ 402-764-4229
Seasonal – Friday

Wahoo Farmers' Market
165 E. 5th St.
Wahoo, NE
☎ 402-642-5829
Seasonal – Thursday

Weeping Water Farmers' Market
Corner of Elm & Eldora
Weeping Water, NE
☎ 402-267-5152
Seasonal – Saturday

West Point Farmers' Market
Hwy. 275, Eagles parking lot
West Point, NE
☎ 402-372-2444
Seasonal – Saturday

Nevada

Hometown Farmers' Market
Downtown Sparks
Sparks, NV
☎ 702-353-2291
Seasonal – Thursday

The Lampe Park Farmers' Market
1328 Waterloo Park
Gardnerville, NV
☎ 702-588-4105
Seasonal – Wednesday

The Stateline Farmers' Market
Kahle Park
Stateline, NV

☎ 702-588-0271
Seasonal – Friday

3rd & Carson Farmers' Market
3rd St.
Carson City, NV
☎ 702-746-5024
Seasonal – Wednesday

New Hampshire

Berlin Farmers' Market
Glen Avenue Park
Berlin, NH
☎ 603-752-5650
Seasonal – Sunday

Colebrook Farmers' Market
43 Colby St.
Colebrook, NH
☎ 603-237-4430
Seasonal – Saturday

Concord Farmers' Market
Green St.
Concord, NH
☎ 603-753-4849
Seasonal – Saturday

Cornish Farmers' Market
The Green at Cornish Flat
Cornish, NH
☎ 603-542-8635
Seasonal – Saturday

Dover Farmers' Market
Goodwill parking lot
Dover, NH
☎ 603-778-1039
Seasonal – Wednesday

Durham Farmers' Market
Pette Brook parking lot
Durham, NH
☎ 603-778-1039
Seasonal – Monday

Exeter Farmers' Market
Swazey Parkway
Exeter, NH
☎ 603-778-1039
Seasonal – Thursday

Farmington Farmers' Market
Corner of Central & Main streets
Farmington, NH
☎ 603-859-7861
Seasonal – Saturday

Hampton Farmers' Market
Our Lady of Miraculous Medal Church lot
Hampton, NH
☎ 603-778-1039
Seasonal – Tuesday

Hancock Farmers' Market
Behind church in horse sheds
Hancock, NH
☎ 603-525-3788
Seasonal – Saturday

Haverhill Farmers' Market
Along Route 25
Haverhill, NH
☎ 603-989-3009
Seasonal – Monday, Wednesday & Saturday

Jaffrey Farmers' Market
Monadrock Plaza, Route 202
Jaffrey, NH
☎ 603-532-6561
Seasonal – Saturday

Keene Farmers' Market
Comercial parking lot, off Gilbo Ave.
Keene, NH
☎ 603-357-5550
Seasonal – Tuesday and Saturday

Kingston Farmers' Market
The Commons
Kingston, NH
☎ 603-778-1039
Seasonal – Tuesday

Laconia Farmers' Market
E. Beacon St.
Laconia, NH
☎ 603-267-7551
Seasonal – Saturday

Lancaster Farmers' Market
Centennial Park
Lancaster, NH
☎ 603-788-4879
Seasonal – Saturday

Manchester Farmers' Market
Victory Park, Concord & Pine streets
Manchester, NH
☎ 603-669-4652
Seasonal – Thursday

Manchester NH Farmers' Market
Corner of Beech & Valley St.
Manchester, NH
☎ 603-669-4652/6285
Seasonal – Saturday

Milford Farmers' Market
American Stage Festival, Route 13N
Milford, NH
☎ 603-673-2963
Seasonal – Saturday

Milton Farmers' Market
The Commons, White Mountian Hwy.
Milton, NH
☎ 603-859-7861
Seasonal – Friday

Nashua Farmers' Market
St. Louis Degonzi Church, W. Hollis St.
Nashua, NH
☎ 603-673-2963
Seasonal – Wednesday

Newport Farmers' Market on the Common
Main St.
Newport, NH
☎ 603-863-7496
Seasonal – Friday

Pittsfield Farmers' Market
Corner of Upper City Rd. & Route 28
Pittsfield, NH
☎ 603-435-7260
Seasonal – Wednesday

Plymouth Farmers' Market
Main St.
Plymouth, NH
☎ 603-536-1001
Seasonal – Saturday

Portsmouth Farmers' Market
Parrott Ave. parking lot
Portsmouth, NH
☎ 603-778-1039
Seasonal – Saturday

Tilton/Franklin Farmers' Market
Providian National Bank parking lot
Tilton, NH
☎ 603-244-0857
Seasonal – Saturday

Wakefield Marketplace
Corner of Wakefield Rd. & Route 16
Wakefield, NH
☎ 603-652-4306
Seasonal – Saturday

Warner Farmers' Market
Town Hall Lawn
Warner, NH
☎ 603-456-2319
Seasonal – Saturday

New Jersey

Atlantic City Farmers' Market
Mississippi & Arctic Ave.
Atlantic City, NJ
☎ 609-345-6700, ext. 2503
Seasonal – Wednesday and Saturday

Berlin Farmers' Market
41 Clemonton Rd.
Berlin, NJ
☎ 609-767-1284
Seasonal – Saturday and Sunday

Bernardsville Farmers' Market
Train Station
Bernardsville, NJ
☎ 908-766-2900
Seasonal – Saturday

Capital City Farmers' Market
State & Broad streets
Trenton, NJ
☎ 609-393-8998
Seasonal – Thursday

Columbus Farmers' Market
Route 206, South
Columbus, NJ
☎ 609-267-0400
Seasonal – Thursday, Saturday & Sunday

Cowtown Farmers' Market
Route 40
Woodstown, NJ

☎ 609-769-3000
Year-round – Tuesday and Saturday

East Orange Farmers' Market
Plaza Village at City Hall
East Orange, NJ
☎ 973-414-4141
Seasonal – Tuesday

Englewood Farmers' Market
Veteren's Memorial Park
Englewood, NJ
☎ 201-871-6644
Seasonal – Friday

Englishtown Auction Sales Market
90 Wilson Ave.
Englishtown, NJ
☎ 732-446-9644
Seasonal – Saturday

Harvest Square Farmers' Market
505 Bramhall & Ocean Ave.
Jersey City, NJ
☎ 201-915-1399
Seasonal – Tuesday

Highland Park Farmers' Market
Senior Recreation Center parking lot
Raritan Ave., Route 27
Highland Park, NJ
☎ 732-777-6003
Seasonal – Friday

Highlands Farmers' Market
Huddy Park
Highlands, NJ
☎ 732-872-1224, ext. 209/218
Seasonal – Saturday

Hoboken Farmers' Market
River & Newark streets
Hoboken, NJ
☎ 201-420-0313
Seasonal – Tuesday

Jersey City-Hamilton Partk
Hamilton Park between 8th and 9th streets
Jersey City, NJ
☎ 201-656-5988
Seasonal – Thursdays

Jersey City-Harvest Square
St. Patrick's Church, Bramhall & Ocean Ave.
Jersey City, NJ
☎ 973-497-4354
Seasonal – Tuesday

Jersey City-Journal Square
Journal Square
Jersey City, NJ
☎ 201-963-0408
Seasonal – Wednesday

Journal Square Farmers' Market
Journal Square
Jersey City, NJ
☎ 201-795-1854
Seasonal – Wednesday

Livingston Farmers' Market
Fleet Bank, 92 S. Livingston Ave.
Livingston, NJ
☎ 973-992-8080
Seasonal – Thursday

Madison Farmers' Market
Madison High School, Ridgedale Ave.
Madison, NJ
☎ 201-377-1818
Seasonal – Thursday

Madison Farmers' Market
Madison Community Pool, Rosedale Ave.
Madison, NJ
☎ 201-377-1818
Seasonal – Thursday

Maplewood Farmers' Market
Springfield Ave. at Indian St.
Maplewood, NJ
☎ 973-763-4681
Seasonal – Monday

Millburn Farmers' Market
Main & Essex streets
Millburn, NJ
☎ 973-379-2341
Seasonal – Friday

Montclair Farmers' Market
South Fullerton parking lot
Montclair, NJ
☎ 732-744-3477
Seasonal – Saturday

Morristown Farmers' Market
Dumont Place
Morristown, NJ
☎ 201-455-1133
Seasonal – Sunday

New Brunswick Farmers' Market
339 Livingston St., 7th Day Adv. Church
New Brunswick, NJ
☎ 732-745-3443
Seasonal – Friday

New Jersey Tailgate Farmers' Market
Garden State Parkway, near exit 124
South Amboy, NJ
☎ 908-591-1966
Seasonal – Saturday and Sunday

Newark Farmers' Market
275 W. Market St.
Newark, NJ
☎ 973-623-8161; 973-733-5911
Seasonal – Monday and Thursday

NOFA NJ Certified Organic Farm Market
NY Waterway Ferry Landing
Weehawken, NJ
☎ 609-393-8998
Seasonal – Friday

North Plainfield Farmers' Market
Somerset & Race streets
North Plainfield, NJ
☎ 908-704-1010
Seasonal – Friday

Paterson Market Growers
449 E. Railway Ave.
Paterson, NJ
☎ 973-742-1019
Year-round – Tues., Sat. & Sun.

Rahway Farmers' Market
Irving St. at Broad St.
Rahway, NJ
☎ 732-396-3545
Seasonal – Saturday

Red Bank Farmers' Market
W. Front St. & Bridge Ave.
Red Bank, NJ
☎ 732-530-7300
Seasonal – Sunday

River Vale Farmers' Market
Piermont Rd.
River Vale, NJ
☎ 201-664-3494
Seasonal – Thursday

Roselle Parker Farmers' Market
Chestnut St. & E. Grant Ave.
Roselle, NJ
☎ 908-245-6441
Seasonal – Wednesday

Route 70 Farmers' Market
Route 70
Lakewood, NJ
No phone
Seasonal – Thursday and Sunday

Rutherford Farmers' Market
Williams Plaza Park Ave.
Rutherford, NJ
☎ 201-460-3000, ext. 3116
Seasonal – Wednesday

Scotch Plains Farmers' Market
430 Park Ave.
Scotch Plains, NJ
☎ 908-322-7388
Seasonal – Saturday

South Orange Village Farmers' Market
Sloan St. at train station
South Orange, NJ
☎ 973-763-6899
Seasonal – Wednesday

Summit Farmers' Market
DeForest Ave.
Summit, NJ
☎ 973-522-1700
Seasonal – Sunday

Sussex Farmers' Market
Next to Town Hall
Sussex, NJ
No phone
Seasonal – Sunday

Teaneck Farmers' Market
Garrison Ave. & Cedar Ln.
Teaneck, NJ
☎ 201-801-0012
Seasonal – Thursday

Trenton Farmers' Market
960 Spruce St.
Trenton, NJ
☎ 609-695-2998
Year-round

Verona Farmers' Market
Community Center, 880 Bloomfield Ave.
Verona, NJ
☎ 973-857-4830
Seasonal – Tuesday

West Orange Farmers' Market
Town Hall
West Orange, NJ
☎ 973-325-4109
Seasonal – Friday

Westfield Farmers' Market
North Ave. parking lot behind fire station
Westfield, NJ
☎ 908-789-4100
Seasonal

New Mexico

Alamagordo Farmers' Market
County fairgrounds, 401 Fairgrounds Rd.
Alamagordo, NM
☎ 505-437-0231
Seasonal – Saturday

Albuquerque Growers Market
Caravan East lot, 7605 Central Ave. NE
Albuquerque, NM
☎ 505-265-7250
Seasonal – Tuesday and Saturday

Atrisco Valley Growers Market
1528 Five Points, SW at Bridge St.
Albuquerque, NM
☎ 505-248-0132
Seasonal – Sunday

Carson Outdoor Market
South of Carson Post Office
Carson, NM
☎ 505-758-0164
Seasonal – Saturday

Clayton 5-State Producer Growers Market
Hwy. 87, near Senior Citizen Center
Clayton, NM
☎ 505-374-9582
Seasonal – Wednesday and Saturday

Clovis Farmers' Market
Hilltop Plaza, 21st St.
Clovis, NM
☎ 505-763-6505
Seasonal – Wednesday and Saturday

Corrales Farmers' Market
Village Center
Corrales, NM
☎ 505-897-3672
Seasonal – Sunday

Downtown Farmers' Market
8th & Central at Robinson Park
Albuquerque, NM
☎ 505-771-0946
Seasonal – Saturday

Eddy County Growers Market
San Jose Plaza
Carlsbad, NM
☎ 505-887-6595
Seasonal – Wednesday and Saturday

Espanola Farmers' Market
Espanola Historical Plaza
Espanola, NM
☎ 505-579-4085
Seasonal – Monday

Grants Farmers' Market
Santa Fe and Iron streets
Grants, NM
☎ 505-287-8070
Seasonal – Saturday

Las Cruces Farmers' Market
City Downtown Mall
Las Cruces, NM
☎ 505-527-2801
Year-round – Wednesday and Saturday

Los Alamos Farmers' Market
Main St. at Central Park Square
Los Alamos, NM
☎ 505-662-6594
Seasonal – Saturday

Los Lunas Farmers' Market
Don Pasquale, next to Senior Citizen Ctr.

Los Lunas, NM
☎ 505-861-0800
Seasonal – Saturday

Mesilla Farmers' Market
The Mesilla Plaza
Mesilla, NM
☎ 505-524-3262
Year-round – Thursday

Pecos Valley Farmers' & Gardeners' Market
Main & Virginia at Courthouse
Roswell, NM
☎ 505-622-6706
Seasonal – Saturday

Portales Farmers' Market
Corner of W. 1st & Avenue B
Portales, NM
☎ 505-276-8319
Seasonal – Monday and Thursday

Ramah Farmers' Market
Old Blue Corn Restaurant parking lot
Ramah, NM
☎ 505-783-4704
Seasonal – Saturday

San Juan County Farmers' Market
Berg Park on Riverreach Terrace
Farmington, NM
☎ 505-327-7757
Seasonal – Wednesday and Saturday

Santa Fe Farmers' Market
In rail yard, near train depot
Santa Fe, NM
☎ 505-983-4098
Seasonal – Tuesday, Saturday and Sunday

Silver City Farmers' Market
Downtown, 7th & Bullard
Silver City, NM
☎ 505-538-8807
Seasonal – Saturday

Socorro Farmers' Market
Sororro Plaza
Socorro, NM
No phone
Seasonal – Tuesday and Saturday

Taos Farmers' Market
County courthouse
Taos, NM
☎ 505-579-4604
Seasonal – Saturday and Sunday

Tri-County Farmers' Market
Corner of Douglas & 7th St.
Las Vegas, NM
☎ 505-421-3690
Seasonal – Saturday

Tucumcari Farmers' Market
Kmart parking lot on Tucumcari Blvd.
Tucumcari, NM
☎ 505-461-3846
Seasonal – Tuesday and Saturday

Village of Los Ranchos Growers Market
City Hall, 6718 Rio Grande Blvd. NW
Albuquerque, NM
☎ 505-898-1624
Seasonal – Saturday

New York

Abingdon Square Greenmarket
W. 12th St. & 8th Ave.
Manhattan, NY
☎ 212-477-3220
Seasonal – Saturday

Albee Square Greenmarket
Fulton St. & DeKalb Ave.
Brooklyn, NY
☎ 212-477-3220
Seasonal – Wednesday

Alexander Ave. Comm. Farmers' Market
139th St. & Alexander Ave.
Bronx, NY
☎ 718-681-2738
Seasonal – Thursday

Allegany Farmers' Market
Kmart parking lot, Route 417
Allegany, NY
☎ 716-375-3756
Seasonal – Sunday

Amsterdam Farmers' Market
53 Guy Park Ave.
Amsterdam, NY

☎ 518-842-3815
Seasonal – Thursday

Auburn Farmers' Market
Genesee St., near Wegman's
Auburn, NY
☎ 315-678-1622
Seasonal – Tuesday, Thursday & Saturday

Bainbridge Open-Air Market
Village Park, Routes 7 & 206
Bainbridge, NY
☎ 607-967-7413
Seasonal – Saturday

Bath Farmers' Market
Pultney Park, Steuben St.
Bath, NY
☎ 607-776-2517
Seasonal – Saturday

Beacon Farmers' Market
Veterans Pl. & Main St., next to post office
Beacon, NY
☎ 914-471-8700
Seasonal – Friday

Bedford-Stuyvesant Greenmarket
Nostrand & DeKalb avenues
Brooklyn, NY
☎ 212-477-3220
Seasonal – Saturday

Binghamton Farmers' Market
Washington St. Mall, betw. Court & Hawley
Binghamton, NY
☎ 607-772-8860
Seasonal – Tuesday and Friday

Blue Fields Farmers' Market
Bronx, NY
☎ 718-681-2222
Seasonal – Thursday

Borough Hall Greenmarket
Court St., Borough Hall Plaza
Brooklyn, NY
☎ 212-477-3220
Year-round – Tuesday and Saturday

Bowling Green Greenmarket
Broadway & Battery Park Pl., Manhattan
New York, NY
☎ 212-477-3220
Year-round – Thursday, 8am-5pm

Brewster Farmers' Market
Gold parking lot, Main St.
Cooperstown, NY
☎ 914-279-1014
Seasonal – Saturday

Broadway Market Farmers' Market
999 Broadway, rear parking garage
Buffalo, NY
No phone
Seasonal – Saturday

Bronx Terminal Growers' Market
Kinney parking lot 13D, off Exterior St.,
near Yankee Stadium
Bronx, NY
☎ 718-665-5100
Year-round – Monday-Saturday

Camillus Farmers' Market
5300 W. Genesee St., Camillus Mall lot
Camillus, NY
☎ 315-488-1234
Seasonal – Friday

Canastota Farmers' Market
Corner of Main & James St.
Canastota, NY
☎ 315-697-3677
Seasonal – Saturday

Canton Farmers' Market
Village Park, Main & Park streets
Canton, NY
☎ 315-386-8255
Seasonal – Tuesday and Friday

Cape Vincent Farmers' Market
Community House, Market St.
Cape Vincent, NY
☎ 315-654-2481
Seasonal – Saturday

Carthage Farmers' Market
State St., Turning Point Park
Carthage, NY
☎ 315-493-3590
Seasonal – Friday

Catskill Farmers' Market I
Corner of Hill & Bridge streets
Catskill, NY
☎ 518-622-9820
Seasonal – Saturday

Catskill Farmers' Market II
Malsen Rest Stop, NYS Thruway (northbound) between Saugerties & Kingston
Catskill, NY
Seasonal – Friday through Sunday

Catskill Farmers' Market III
Ulster Rest Stop, NYS Thruway (southbound) between Saugerties & Kingston
Catskill, NY
Seasonal – Saturday and Sunday

Cayuga County Farmers' Market
Genesee St. next to Wegman's Food Mkt.
Auburn, NY
☎ 315-678-1622
Seasonal – Tuesday, Thursday & Saturday

Central NY Regional Farmers' Market
2100 Park St., I-81, Exit 23
Syracuse, NY
☎ 315-422-8647
Year-round – Thursday and Saturday

Chautauqua Institution Farmers' Market
Main Gate Building, Route 394
Chautauqua, NY
☎ 716-357-6245
Seasonal – Monday-Saturday

Chenango County Farmers' Market
East Side Park, Route 12
Norwich, NY
☎ 607-653-7238
Seasonal – Wednesday and Saturday

Chittenango Farmers' Market
Village lot, Genesee St. at Village Office
Chittenango, NY
no phone
Seasonal – Saturday

Cincinnatus Farmers' Market
2704 Lower Cincinnatus Rd.
Cincinnatus, NY
☎ 607-863-3828
Year-round – Wednesday and Saturday

City Hall Greenmarket
Center & Chambers streets
New York, NY
☎ 212-477-3220
Year-round – Tuesday and Friday

City of Hudson Farmers' Market
7th & Columbia streets
Hudson, NY
☎ 518-828-9458
Seasonal – Saturday

City of Oneida Farmers' Market
Oneida St. between Williams & Main St.
Oneida, NY
☎ 315-363-4300
Seasonal – Saturday

Clifton Park Farmers' Market
Route 146 & Maxon Rd.
Clifton Park, NY
☎ 518-885-8888
Seasonal – Thursday and Saturday

Clinton Farmers' Market
Village Square
Clinton, NY
☎ 315-841-3370
Seasonal – Thursday

Cooperstown Farmers' Market
Pioneer Alley, off Main St.
Cooperstown, NY
☎ 607-638-9016
Seasonal – Saturday

Corning Farmers' Market
Centerway Square, Market St.
Corning, NY
☎ 607-937-9972
Seasonal – Saturday

Cortland County Farmers' Market
Main St., between Court & Orchard streets
Cortland, NY
☎ 607-756-7312
Seasonal – Tuesday and Saturday

Croghan Farmers' Market
St. Stephen's Church parking lot
Croghan, NY
☎ 315-376-5270
Seasonal – Thursday

Cross Roads Farm and Craft Market
Westfield-Sherman Rd. at Cty. Rt. 21
Westfield, NY
☎ 716-326-4857
Seasonal – Saturday

Dansville Village Farmers' Market
Town lot, Elizabeth & Perine streets
Dansville, NY
☎ 716-335-2963
Seasonal – Thursday

Delhi Farmers' Market
Courthouse Square, Main St.
Delhi, NY
☎ 607-746-3857
Seasonal – Wednesday

Delmar Farmers' Market
428 Kenwood Ave.
Delmar, NY
☎ 518-732-2991
Seasonal – Tuesday

Dolgeville Farmers' Market
Parking lot behind 51 N. Main St.
Dolgeville, NY
☎ 315-429-9356
Seasonal – Friday

Downtown Albany Farmers' Market
Pine St. & Broadway
Albany, NY
☎ 518-732-2991
Seasonal – Thursday

Downtown Country Market
Main St., between Court & Church streets
Buffalo, NY
☎ 716-856-3150
Seasonal – Thursday

Downtown Middletown Farmers' Market
Festival Square, 31 W. Maine St.
Middletown, NY
☎ 914-343-8075
Seasonal – Saturday

Downtown Riverwalk Farmers' Market
Bragdon Place, behind Holiday Inn
Rochester, NY
☎ 716-428-6907
Seasonal – Friday

Downtown Schenectady Farmers' Market
Jay & State streets
Schenectady, NY
☎ 518-382-5061
Seasonal – Tuesday and Thursday

Downtown Syracuse Farmers' Market
S. Salina & Washington streets
Syracuse, NY
☎ 315-422-8284
Seasonal – Tuesday

Downtown White Plains Farmers' Market
Main St. & Mamaroneck Ave.
White Plains, NY
☎ 914-422-1336
Seasonal – Wednesday

Dunkirk Farmers' Market
Lake Shore Dr. & Main St., Route 5
Dunkirk, NY
☎ 716-366-0452
Seasonal – Tuesday, Thursday & Saturday

East Aurora Farmers' Market
Aurora Village Shopping Center
East Aurora, NY
☎ 716-592-9186
Seasonal – Wednesday and Saturday

Elizabethtown Farmers' Market
Church St., Adirondack Center Museum
Elizabethtown, NY
☎ 518-245-3306
Seasonal – Tuesday and Friday

Ellicottville Farmers' Market
Fillmore & Parkside Dr., ½ mile off Rte. 219
Ellicottville, NY
☎ 716-942-3710
Seasonal – Thursday

Elm Street Farmers' Market
Elm St. Park & Ride
Albany, NY
☎ 518-732-2991
Seasonal – Friday

Elmira Farmers' Market
Winser Park
Elmira, NY
☎ 607-734-0341
Seasonal – Thursday

Empire State Plaza Farmers' Market
North end of plaza
Albany, NY
☎ 518-482-5406
Seasonal – Wednesday and Friday

Endicott Farmers' Market
Washington Ave., parking lot B
Endicott, NY
☎ 607-659-7091
Seasonal – Thursday and Sunday

Evangelical Protestant Church Farmers' Mkt.
Clinton & Alexander streets
Albany, NY
☎ 518-273-6283
Seasonal – Wednesday

Fairport Farmers' Market
S. Main St., parking lot behind Fleet Bank
Fairport, NY
☎ 716-223-0313
Seasonal – Saturday

Federal Plaza Greenmarket
Broadway & Thomas streets
New York, NY
☎ 212-477-3220
Year-round – Tuesday and Friday

1st Congressional Church Farmers' Market
405 Quail St., corner of Maple Ave.
Albany, NY
☎ 518-273-6283
Seasonal – Saturday

Foodlink Farmers' Market
100 West Ave., Foodlink parking lot
Rochester, NY
☎ 716-328-3380, ext. 29
Seasonal – Wednesday

Fort Edward Farmers' Market
Upper Broadway, Rt 4, Agway parking lot
Fort Edward, NY
☎ 518-638-8553
Seasonal – Friday

Fort Plain Farmers' Market
Shoppers Plaza, Willett & River St.
Fort Plain, NY
☎ 518-993-4271
Seasonal – Monday-Saturday

Fulton Farmers' Market
S. 2nd St., Canalview Park & Shop lot
Fulton, NY
☎ 315-598-4231
Seasonal – Saturday

Genesee Country Farmers' Market
Main St., behind Wendy's
Batavia, NY
☎ 716-343-9491
Seasonal – Tuesday and Friday

Geneva Farmers' Market
Recreation Complex, 666 S. Exchange St.
Geneva, NY
☎ 315-789-5957
Seasonal – Thursday

Gentner Commission Farmers' Market
341 W. Main St.
Springville, NY
☎ 716-592-7705
Year-round – Wednesday

Glens Falls Farmers' Market
Elm St. parking lot
Glens Falls, NY
☎ 518-638-6501
Seasonal – Saturday

Gloversville Farmers' Market
Trail Station Park, W. Fulton & Cayadutta St.
Gloversville, NY
☎ 514-725-6441
Seasonal – Saturday

Goshen Farmers' Market
Church Park Square
Goshen, NY
☎ 914-294-7741
Seasonal – Saturday

Gouverneur Farmers' Market
Village Park, Route 11 (Church St.)
Gouverneur, NY
☎ 315-287 0331
Seasonal – Thursday

Graham Avenue Farmers' Market
Graham Ave. & Cook St.
Brooklyn, NY
☎ 718-387-6643
Seasonal – Saturday

Grand Army Plaza Greenmarket
Prospect Park & Bartell Prichard Square
Brooklyn, NY
☎ 212-477-3220
Seasonal – Saturday, 8am-4pm

Granville Route 22 Farmers' Market
Gazebo Park
Granville, NY
☎ 518-854-3750
Seasonal – Friday

Greater Oneida Farmers' Market
East end of Oneida St. at Williams St.
Oneida, NY
☎ 315-363-4300
Seasonal – Friday

Greece Ridge Center Farmers' Market
271 Greece Ridge Center Dr.
Greece, NY
☎ 716-225-1140
Seasonal – Thursday and Saturday

Green Seasons Farmers' Market
Anderson St., betw. North Ave. & LeCount Pl.
New Rochelle, NY
☎ 914-654-2186
Seasonal – Friday

Hamburg Farmers' Market
Main & Buffalo streets
Hamburg, NY
☎ 716-649-7917
Seasonal – Saturday

Hamer-Campos Farmers' Market
JHS 198, between Beach 56th & 57th
Arverne, NY
☎ 718-471-4496
Seasonal – Saturday

Hamilton Farmers' Market
Village Green, E. Broad & Broad streets
Hamilton, NY
☎ 315-824-1111
Seasonal – Saturday

Hanna Junction Farm & Market
4375 Rt. 21N, 1 mile north of city limits
Canandaigua, NY
☎ 716-394-7740
Seasonal – Thursday

Harlem/Minisink Townhouse Greenmarket
144th St. & Lennox Ave.
New York, NY
☎ 212-477-3220
Seasonal – Tuesday

Hartsdale Farmers' Market
Train Station Plaza
Hartsdale, NY
☎ 914-993-1507
Seasonal – Saturday

Harvest Home Forest Avenue Market
Forest Ave.
Bronx, NY
☎ 212-828-3362
Seasonal – Wednesday

Harvest Home Ogden Ave. Farmers' Mkt.
168th St., between Ogden & Miriam Ave.
Bronx, NY
☎ 212-828-3362
Seasonal – Saturday

Harvest Home 165th St. Farmers' Market
165th St.
Bronx, NY
☎ 212-828-3362
Seasonal – Sunday

Hastings Farmers' Market
Washington Ave., Bank of NY parking lot
Hastings-on-Hudson, NY
☎ 914-923-4837
Seasonal – Saturday

Heuvelton Farmers' Market
Heritage Cheese Plant lot, Route 812
Heuvelton, NY
☎ 315-344-1233
Seasonal – Saturday

Highbridge Farmers' Market
163rd St. & Ogden Ave.
Bronx, NY
☎ 718-681-2222
Seasonal – Thursday

Hilltown Farmers' Market I
Main St.
Rensselaerville, NY
☎ 518-797-9232
Seasonal – Friday and Saturday

Hilltown Farmers' Market II
856 Helderberg Trail
East Berne, NY
☎ 518-797-9232
Seasonal – Friday and Saturday

Holy Cross Church Farmers' Market
10 Rosemont Ave.
Albany, NY
☎ 518-732-2991
Seasonal – Wednesday

Honeoye Falls Farmers' Market
Parking lot next to 16 W. Main St.
Honeoye Falls, NY
☎ 716-624-1572
Seasonal – Saturday

Hornell Farmers' Market
Center St. parking lot, across from YMCA
Hornell, NY
☎ 607-324-7421
Seasonal – Tuesday, Thursday & Saturday

Houghton Farmers' Market
Rt. 19, college maintenance parking area
Houghton, NY
☎ 716-973-3354
Seasonal – Tuesday

Hudson Falls Farmers' Market
184 Burgoyne Ave., Ames parking lot
Hudson Falls, NY
☎ 518-638-8553
Seasonal – Wednesday

Hudson Farmers' Market
7th & Columbia streets
Hudson, NY
☎ 518-828-9458
Seasonal – Saturday

Huntington Farmers' Market
Rte. 25A, btw. Historical Society & Elks Club
Huntington, NY
☎ 516-323-3653
Year-round – Sunday

Islip Growers Market
Town Hall parking lot on Montauk Hwy.
Islip, NY
☎ 516-323-3653
Seasonal – Saturday

Ithaca Farmers' Market I
Steamboat Landing, 545 3rd St.
Ithaca, NY
☎ 607-539-3297
Seasonal – Saturday and Sunday

Ithaca Farmers' Market II
Dewitt Park, Cayuga & Buffalo streets
Ithaca, NY
☎ 607-539-3297
Seasonal – Tuesday

Jackson Heights Greenmarket
Junction Blvd. & 34th Ave.
Jackson Heights, NY
☎ 718-477-3220
Seasonal – Wednesday

Jamaica Farmers' Market
90-40 160th St.
Jamaica, NY
☎ 718-291-0282
Year-round – Friday and Saturday

James Baird State Park Farmers' Market
James Baird SP, Taconic Pkwy. Park exit
Pleasant Valley, NY
☎ 914-452-1489
Seasonal – Sunday

Johnson City Farmers' Market
Main St. at Lester Ave.
Johnson City, NY
☎ 607-772-8953, ext. 152
Seasonal – Saturday

Johnstown Farmers' Market
Corner of W. Main St. & N. Market St.
Johnstown, NY
☎ 518-762-0486
Seasonal – Friday

Keene Farmers' Market
Marcy Airport, Route 73
Keene, NY
☎ 518-425-3306
Seasonal – Sunday

Kinderhook Farmers' Market
Village Green along Hudson St.
Kinderhook, NY
☎ 518-758-1232
Seasonal – Saturday

Koo Koose Farmers' Market
192 Front St., Town of Sanford garage
Deposit, NY
☎ 607-467-4547
Seasonal – Saturday

Lackawanna Farmers' Market
City Hall, 714 Ridge Rd.
Lackawanna, NY
☎ 716-827-6455
Seasonal – Wednesday

Lake Placid Farmers' Market
Rt. 86, next to Adirondack Center Store
Lake Placid, NY
☎ 518-425-3306
Seasonal – Wednesday and Saturday

La Marqueta Farmers' Market
E. 115th St. & Park Ave.
East Harlem, NY
☎ 212-534-4900
Seasonal

Lancaster Farmers' Market
Center & Clark streets
Lancaster, NY
☎ 716-683-7026
Seasonal – Saturday

Lewiston Farmers' Market
Academy Park, south side of Center St.
Lewiston, NY
☎ 716-754-8271
Seasonal – Saturday

Lincoln Hospital Greenmarket
149th St. & Park Ave.
Bronx, NY
☎ 212-477-3220
Seasonal – Tuesday and Friday

Little Falls Farmers' and Flea Market
Herkimer Co. Trust parking lot, Albany St.
Little Falls, NY
☎ 315-866-2619
Seasonal – Saturday

Little Valley Farmers' Market
7th St.
Little Valley, NY
☎ 716-942-3756
Seasonal – Wednesday

Lockport Farmers' Market
Walnut & Locust streets, parking lot
Lockport, NY
☎ 716-439-6665
Seasonal – Monday through Saturday

Locust Valley Farmers' Market
Thompson Park, adjacent to LIRR Station
Locust Valley, NY
☎ 516-323-3653
Seasonal – Saturday

Lowville Area Farmers' Market
Lewis County Fair Grounds, Bostwick St.
Lowville, NY
☎ 315-376-5270
Seasonal – Saturday

Lt. Petrosino Park
Spring & Lafayette streets
Manhattan, NY
☎ 212-477-3220
Seasonal – Thursday

Lyons Farmers' Market
Church & Williams streets
Lyons, NY
☎ 518-946-9577
Seasonal – Saturday

Malta Farmers' Market
Malta Diner, Routes 9 & 67
Malta, NY
☎ 518-885-8888
Seasonal – Tuesday

Marion Farmers' Market
United Church parking lot
Marion, NY
☎ 315-926-5501
Seasonal – Friday

Massena Farmers' Market
City Hall parking lot, Main St.
Massena, NY
☎ 315-353-2218
Seasonal – Saturday

MBD Farmers' Market
1710 Southern Blvd., betw. 173rd & 174th
Bronx, NY
No phone
Seasonal – Friday

Menands Retail Farmers' Market
Routes 32 (Broadway) & 378
Menands, NY
☎ 518-477-7593
Seasonal – Saturday, Tuesday & Thursday

Middletown Farmers' Market
Municipal lot, James & Depot streets
Middletown, NY
☎ 914-343-8075
Seasonal – Saturday

Millbrook Farmers' Market
Front St., corner of Franklin Ave.
Millbrook Village, NY
☎ 914-635-2281
Seasonal – Saturday

Mt. Morris Village Farmers' Market
117 Main St., Village Hall parking lot
Mt. Morris, NY
☎ 716-335-2963
Seasonal – Friday

Nassau Farmers' Market
Village Community Park, John St.
Nassau, NY
☎ 518-766-9857
Seasonal – Saturday

Newark Farmers' Market
1581 Route 8W at Hydesville Rd.
Newark, NY
☎ 315-331-8415
Seasonal – Thursday

New Berlin Farmers' Market 1
Railroad St.
New Berlin, NY
☎ 607-847-8422
Seasonal – Sunday

Newburgh City Marketplace
Water & 4th streets
Newburgh, NY
☎ 914-294-8080
Seasonal – Tuesday and Friday

Niagara Falls City Market
715 18th St.
Niagara Falls, NY
☎ 716-285-1663
Year-round – Monday, Wednesday & Friday

Niagara Frontier Growers Co-op Market
1443-1517 Clinton St. near Bailey Ave.
Buffalo, NY
☎ 716-822-2466
Year-round – Monday-Saturday

North Chili Farmers' Market
Westside Dr. & Buffalo Rd.
North Chili, NY
☎ 716-594-4058
Seasonal – Saturday

North Country Farmers' Market
Arsenal Green Park, Main St. (Route 11)
Malone, NY
☎ 518-483-8599
Seasonal – Tuesday and Saturday

North Tonawanda City Market
Robinson & Bryant streets
North Tonawanda, NY
☎ 716-692-6269
Year-round – Tuesday, Thursday & Saturday

Norwood Farmers' Market
Park Square, Park St.
Norwood, NY
☎ 315-353-2218
Seasonal – Monday and Thursday

Nyack Farmers' Market
Municipal lot, Main & Cedar streets
Nyack, NY
☎ 914-353-2221
Seasonal – Thursday

Olean Farmers' Market
JCC lot, Union & N. Barry streets
Olean, NY
☎ 716-973-3354
Seasonal – Saturday

Oneonta Farmers' Market
Municipal parking garage
Oneonta, NY
☎ 607-293-8829
Seasonal – Saturday

Ossining Farmers' Market
Downtown, Main & Spring streets
Ossining, NY
☎ 914-923-4837
Seasonal – Saturday

Oswego Farmers' Market West
1st between W. Bridge & W. Oneida St.
Oswego, NY
☎ 315-342-1666
Seasonal – Thursday

Owego Farmers' Market
Parking lot, Main St. & Central Ave.
Owego, NY
☎ 607-687-2556
Seasonal – Friday

Pakatakan Farmers' Market
Round barn, Rt. 30, N. of Margaretville
Halcottsville, NY
☎ 914-254-4290
Seasonal – Saturday

Peekskill Farmers' Market
Bank St., between Park & Main streets
Peekskill, NY
☎ 914-737-3600
Seasonal – Saturday

Pine Street Downtown Farmers' Market
Pine St. & Broadway
Albany, NY
☎ 518-732-2991
Seasonal – Thursday

Pittsford Plaza Farmers' Market
Pittsford Plaza parking lot, Monroe Ave.
Pittsford, NY
☎ 716-225-1140
Seasonal – Tuesday and Saturday

Plattsburgh Farmers' Market
Market Pavilion, city lot, Bridge & Durkee
Plattsburgh, NY
☎ 518-293-6631
Seasonal – Wednesday and Saturday

Pleasant Valley Farmers' Market
Maggiacmo Ln., Grand Union Plaza
Pleasant Valley, NY
☎ 914-635-2281
Seasonal – Friday

Pleasantville Farmers' Market
Parking lot, Manville Rd. & Wheeler Ave.
Pleasantville, NY
☎ 914-923-4837
Seasonal – Saturday

Poe Park Greenmarket
Grand Concourse & E. 192nd St.
Bronx, NY
☎ 212-477-3220
Seasonal – Tuesday

Port Chester Farmers' Market
Marina, Abendroth St., 1 blk off Main St.
Port Chester, NY
☎ 914-939-6500
Seasonal – Friday

Port Jefferson Community Market
Main & E. Broadway, across from ferry
Port Jefferson, NY
☎ 516-323-3653
Seasonal – Thursday

Port Jervis Farmers' Market
Ball & Front St. parking lot
Port Jervis, NY
☎ 914-856-6694
Seasonal – Saturday

Potsdam Farmers' Market
Parking lot next to Clarkson Inn, Main St.
Potsdam, NY
☎ 315-265-2966
Seasonal – Wednesday and Saturday

Poughkeepsie Farmers Market I
Main Mall
Poughkeepsie, NY
☎ 914-451-4020
Seasonal – Friday

Poughkeepsie Farmers' Market II
Mansion Square, Earline Patrice Park
Poughkeepsie, NY
☎ 914-451- 4020
Seasonal – Saturday

P.S. 234 Greenmarket
Greenwich & Chambers streets
Manhattan, NY
☎ 212-477-3220
Year-round – Saturday, 8am-3pm

Queensbury Farmers' Market
Jeckel Honda lot, Lake George Rd. (Rt. 9)
Queensbury, NY
☎ 518-638-6501
Seasonal – Monday

Ravena/Cocymans Farmers' Market
Main St. & Pulver Ave., next to post office
Ravena, NY
☎ 518-273-6283
Seasonal – Thursday

Rhinebeck Farmers' Market
Municipal parking lot, E. Market St.
Rhinebeck, NY
☎ 914-758-3535
Seasonal – Sunday

Riverfront Center Farmers' Market
Riverfront Center
Amsterdam, NY
☎ 518-853-3471
Seasonal – Wednesday

Riverfront Park Farmers' Market
5th Ave. & Broadway
Rensselaer, NY
☎ 518-273-6283
Seasonal – Friday

River Walk Farmers' Market
280 N. Union St.
Rochester, NY
☎ 716-428-6907
Seasonal – Friday

Riverhead Farmers' Market
Lombardi Park, Roanoke Ave. & Main St.
Riverhead, NY
☎ 516-323-3653
Seasonal – Thursday

Rochester Public Market
280 N. Union St. & Pennsylvania Ave.
Rochester, NY
☎ 716-428-6907
Year-round – Tuesday, Thursday & Saturday

Rondout Farmers' Market
Urban Cultural Park, Visitor center lot
Kingston, NY
☎ 914-331-7517
Seasonal – Saturday

Salamanca Farmers' Market
Jefferson Resource Center, Jefferson St.
Salamanca, NY
☎ 716-942-3710
Seasonal – Tuesday

Salem Farmers' Market
Village Park, Main St., Route 22
Salem, NY
☎ 518-854-3750
Seasonal – Saturday

Saratoga Springs Farmers' Mkt. (5 locations)
Ballston Spa; Clifton Park; Malta;
Saratoga Springs; South Glens Falls
Saratoga County, NY
☎ 518-885-8888
Seasonal – Monday-Saturday

Sauder's Farmers' Market
2168 River Rd.
Seneca Falls, NY
☎ 315-568-2673
Seasonal – Friday

Schenectady Farmers' Market
Corner of Jay & State streets
Schenectady, NY
☎ 518-382-5061
Seasonal – Tuesday and Thursday

Schoharie County Farmers' Market
Route 7
Cobleskill, NY
☎ 518-284-2609
Seasonal – Saturday

Schuyler County Farm & Craft Market
Fireman's Carnival, Route 224
Montour Falls, NY
☎ 607-739-7625
Seasonal – Thursday and Saturday

Sodus (Heluva Good Cheese) Farmers' Mkt.
6152 Barklay Rd.
Sodus, NY
☎ 315-483-2223
Seasonal – Tuesday

Southgate Plaza Farmers' Market
Seneca St. & Union Rd.
West Seneca, NY
☎ 716-674-5050
Seasonal – Saturday

South Glens Falls Farmers' Market
Village Park, Midtown Shopping Ctr., Rt. 9
South Glens Falls, NY

☎ 518-885-8888
Seasonal – Monday

St. Ambrose Church Farmers' Market
347 Old Loudon Rd.
Latham, NY
☎ 518-732-2991
Seasonal – Saturday

St. George Greenmarket
Borough Hall, St. Mark's & Hyatt streets
Staten Island, NY
☎ 212-477-3220
Seasonal – Saturday, 8am-2pm

St. Mark's Church Greenmarket
10th St. & 2nd Ave.
New York, NY
☎ 212-477-3220
Seasonal – Tuesday, 8am-7pm

St. Paul's Church Farmers' Market
21 Hackett Blvd.
Albany, NY
☎ 518-273-6283
Seasonal – Friday

St. Vincent de Paul Farmers' Market
900 Madison Ave.
Albany, NY
☎ 518-273-6283
Seasonal – Tuesday

State Campus Farmers' Market - Albany
Harriman State Campus, behind Bld. 8A
Albany, NY
☎ 518-482-5406
Seasonal – Thursday

Sullivan County Farmers' Market
Village parking lot, Darbee Ln.
Liberty, NY
☎ 914-292-5250
Seasonal – Friday

The Farm (Farm and Craft Market)
1990 Rt. 19, betw. Warsaw & Wyoming
Wyoming, NY
☎ 716-786-8180
Seasonal – Saturday

The Main Market Place
The Main Mall
Poughkeepsie, NY
☎ 914-451-4024
Seasonal – Friday

The Windmill Farmers' Market
3900 Route 14A at Hobson Rd.
Between Penn Yan & Dundee, NY
☎ 315-536-3032
Seasonal – Saturday

Third Reform Church Farmers' Market
Whitehall Rd. & Kate St.
Albany, NY
☎ 518-273-6283
Seasonal – Thursday

Ticonderoga Farmers' Market
Community Building lawn, Montcalm St.
Ticonderoga, NY
☎ 518-585-6366
Seasonal – Saturday

Tioga Farm & Craft Farmers' Market
Route 38 between Owego & Newark
Waverly, NY
☎ 607-598-2300
Seasonal – Saturday

Tompkins Square Greenmarket
Tompkins Sq. Park, E. 7th & E. 8th streets
Manhattan, NY
☎ 212-477-3220
Year-round – Sunday, 10am-5pm

Troy Farmers' Market
Uncle Sam's Atrium, Broadway between
3rd & 4th streets
Troy, NY
☎ 518-692-7312
Seasonal – Wednesday and Saturday

Union Square Greenmarket
Union Square Park, 17th & Broadway
Manhattan, NY
☎ 212-477-3220
Year-round – Mon., Wed., Fri., Sat., 8am-6pm

Utica Farmers' Market
Kennedy parking garage, next to City Hall
Utica, NY
☎ 315-841-3370
Seasonal – Wednesday

Verdi Square Greenmarket
W. 72nd St. & Broadway
Manhattan, NY
☎ 212-477-3220
Seasonal – Saturday, 8am-5pm
Vestal Farmers' Market
Library, Rt. 434, Vestal Parkway East
Vestal, NY
☎ 607-748-1514, ext. 321
Seasonal – Wednesday and Saturday
Village of Scotia Farmers' Market
Municipal lot, Mohawk Ave. (Route 5)
Scotia, NY
☎ 518-374-1071
Seasonal – Wednesday
Walton Farmers' Market
Water & Bridge streets
Walton, NY
☎ 607-865-6656
Seasonal – Saturday
Warwick Valley Farmers' Market
South St. & Railroad Ave.
Warwick, NY
☎ 914-987-9990
Seasonal – Sunday
Washington Market Park Greenmarket
Greenwich & Chambers streets
New York, NY
☎ 212-477-3220
Year-round – Wednesday, 8am-3pm
Waterford Farmers' Market
Key Bank parking lot, Broad & 4th streets
Waterford, NY
☎ 518-235-0457
Seasonal – Saturday
Watertown Farm & Craft Market
Dulles State Bldg., 317 Washington St.
Watertown, NY
☎ 315-788-4400
Seasonal – Wednesday
Wellsville Farmers' Market
Island Park, Route 417
Wellsville, NY
☎ 716-973-3354
Seasonal – Thursday
West 57th Street Greenmarket
Sheffield Plaza, W. 57th St. & 9th Ave.
Manhattan, NY
☎ 212-477-3220
Seasonal – Wednesday and Saturday
West 77th Street Greenmarket
IS 44 schoolyard, W. 77 & Columbus Ave.
New York, NY
☎ 212-477-3220
Year-round – Sunday, 10am-5pm
West 97th Street Greenmarket
W. 97th St., betw. Amsterdam & Columbus
New York, NY
☎ 212-477-3220
Seasonal – Friday, 8am-2pm
West 175th Street Greenmarket
175th & Broadway
New York, NY
☎ 212-477-3220
Seasonal – Thursday, 8am-6pm
West Point-Highland Falls Farmers' Market
West Point Visitor Ctr., Rt 318 & Main St.
West Point, NY
☎ 914-446-4731, ext. 7101
Seasonal – Sunday
West Utica Farmers' Market
Columbia Square
Utica, NY
☎ 315-724-4728
Seasonal –Friday
Whitehall Farmers' Market
The Boulevard Park, across from museum
Whitehall, NY
☎ 518-854-3750
Seasonal – Tuesday

White Plains Farmers' Market
Main St. & Hamilton Ave.
White Plains, NY
☎ 914-422-1336
Seasonal – Wednesday
Williamsburgh Greenmarket
Broadway & Havermeyer streets
Brooklyn, NY
☎ 212-477-3220
Seasonal – Thursday, 8am-5pm
Windsor Terrace Greenmarket
Prospect Park & Bartell Prichard Square
Brooklyn, NY
☎ 212-477-3220
Seasonal – Wednesday, 8am-5pm
World Trade Center Greenmarket
Church & Liberty streets
New York, NY
☎ 212-477-3220
Year-round – Tuesday and Thursday
Yates Co-op Farm & Craft Market
Main St., downtown
Penn Yan, NY
☎ 607-243-5584
Seasonal – Saturday

Yonkers Farmers' Market
St. John's Church Courtyard
Yonkers, NY
☎ 914-963-3033
Seasonal – Thursday

North Carolina

Anson County Farmers' Market
Hwy. 52
Wadesboro, NC
☎ 704-694-3118
Seasonal – Wednesday and Saturday

Ashe County Farmers' Market
Second Ave.
Jefferson, NC
☎ 910-246-3021
Seasonal – Wednesday and Saturday

Bladen County Farmers' Market
Hwy. 701, South
Elizabethtown, NC
☎ 910-862-4591
Seasonal – Monday and Saturday

Burke Farmers' Market
Union & College St.
Morganton, NC
☎ 828-433-8448
Seasonal – Wednesday and Saturday

Caldwell County Farmers' Market
Mulberry St.
Lenoir, NC
☎ 828-754-5882
Seasonal – Saturday

Carrboro Farmers' Market
Robeson St.
Carrboro, NC
☎ 910-376-3237
Seasonal – Saturday

Cary Farmers' Market
Harrison & Academy St.
Cary, NC
☎ 919-387-1383
Seasonal – Tuesday and Saturday

Catawba County Farmers' Market
Hwy. 70-321
Newton, NC
☎ 828-478-2661
Seasonal – Thursday and Saturday

Charlotte Regional Farmers' Market
1801 Yorkmont Rd.
Charlotte, NC
☎ 704-357-1269
Year-round – Tuesday and Saturday

Chowan Farmers' Market
North Granville St. & Virginia Rd.
Edenton, NC
☎ 252-482-8431
Seasonal – Tuesday, Friday and Saturday

City Market
6th & Cherry streets
Winston Salem, NC
☎ 336-727-2236
Seasonal – Tuesday and Thursday

Creedmoor Farmers' Market
214 N. Main St.
Creedmoor, NC
☎ 919-528-1159
Seasonal

Davidson Farmers' Co-op
Old Hwy. 64, West
Lexington, NC
☎ 336-246-2173
Year-round – Tuesday and Wednesday

Downtown Goldsboro Farmers' Market
Corner of Church & Main St.
Goldsboro, NC
☎ 919-227-7860
Seasonal

Downtown Goldsboro Farmers' Market
Center St.
Goldsboro, NC
☎ 919-735-4959
Year-round – Monday through Saturday

Durham Farmers' Market
2694 Chapel Hill Blvd.
Durham, NC
☎ 919-563-9709
Seasonal – Thursday

Fearrington Farmers' Market
Fearrington Village, Hwys 15 & 501

Fearrington, NC
☎ 919-542-4000
Seasonal – Thursday and Saturday

Franklin County Farmers' Market
Shannon Village Shopping Center
Louisburg, NC
☎ 919-496-3344
Seasonal – Tuesday and Friday

Gastonia Farmers' Market
400 block of Long Ave.
Gastonia, NC
☎ 704-922-0301
Seasonal – Tuesday, Thursday & Saturday

Greensboro Curb Market
501 Yanceyville St.
Greensboro, NC
☎ 336-373-2402
Year-round – Tuesday and Thursday

Guilford Farmers' Market
1416 W. Northwood St.
Greensboro, NC
☎ 910-685-4478
Seasonal – Wednesday and Saturday

Hillsborough Farmers' Market
106 Margaret Lane
Hillsborough, NC
☎ 919-732-8181
Seasonal – Saturday

Johnston County Produce Market
Hwy. 301, North
Smithfield, NC
☎ 919-989-5380
Seasonal – Tuesday and Saturday

Lee County Farmers' Market
County fairgrounds, Ag Exhibit Hall
Sanford, NC
☎ 919-837-5805
Seasonal – Wednesday and Saturday

Madison-Mayodan Farmers' Market
110 W. Academy St., Methodist Church
Madison, NC
☎ 336-548-6055
Seasonal – Wednesday and Saturday

Martin County Farmers' Market
Hwy. 64, East
Williamston, NC
☎ 252-792-1621
Seasonal – Friday and Saturday

Matthews Community Farmers' Market
Trade St.
Matthews, NC
☎ 704-843-5182
Seasonal – Saturday

Nash Area Farmers' Market
Bethlehem Rd. & W. Mount Dr.
Rocky Mount, NC
☎ 252-478-4519
Seasonal – Saturday

New Bern/Craven Co. Farmers' Market
Tryon Palace Dr.
New Bern, NC
☎ 252-633-1477
Seasonal – Tuesday, Thursday & Saturday

North Asheville Tailgate Market
Grace Plaza parking lot
Asheville, NC
☎ 828-683-1812
Seasonal – Wednesday and Saturday

North Mecklenburg Farmers' Market
Cornelius Elementary School
Cornelius, NC
☎ 704-336-2561
Seasonal – Wednesday and Saturday

Old Wilmington City Market
120-124 S. Front St.
Wilmington, NC
☎ 910-763-9748
Seasonal – Tues., Fri., Sat. & Sun.

Pasquotank County Farmers' Market
Pritchard St.
Elizabeth City, NC
☎ 252-338-3954
Seasonal – Friday and Saturday

Person County Community Market
Depot Station
Roxboro, NC
☎ 336-599-4182
Seasonal – Mon., Wed., Fri. & Sat.

Piedmont Triad Farmers' Market
2914 Sandy Ridge Rd., I-40 exit 208
Colfax, NC
☎ 336-605-9157
Year-round

Pitt County Farmers' Market
County Home Rd.
Greenville, NC
☎ 252-355-7612
Seasonal – Tuesday, Thursday & Saturday

Reidsville Downtown Farmers' Market
100 block of Settle St. parking lot
Reisdville, NC
☎ 336-349-1045
Seasonal – Thursday and Saturday

Richmond County Farmers' Market
100 Biltmore Dr.
Rockingham, NC
☎ 910-652-6100
Seasonal

Roanoke Valley Farmers' Market
Hwy. 158, West
Roanaoke Rapids, NC
☎ 252-537-3513
Seasonal – Tuesday, Thursday & Saturday

Roberson County Farmers' Market
Corner of 8th & Elm St.
Lumberton, NC
☎ 910-671-3276
Seasonal – Wednesday and Saturday

Rotary Farmers' Market I
S. Center St.
Statesville, NC
☎ 704-664-5031
Seasonal – Wednesday and Saturday

Rotary Farmers' Market II
Church & Center streets
Mooresville, NC
☎ 704-664-5031
Seasonal – Wednesday and Saturday

Rowan County Farmers' Market
1408 W. Innes St.
Salisbury, NC
☎ 704-633-5569
Seasonal – Wednesday and Saturday

Rutherford County Farmers' Market
Old Fairgrounds Rd.
Spindale, NC
☎ 828-287-6010
Seasonal – Tuesday and Friday

Shelby Farmers' Market
Shelby, NC
☎ 704-484-6829
Seasonal – Tuesday and Saturday

Stanly County Farmers' Market
Hwy. 52, North
Albemarle, NC
☎ 704-983-0958
Seasonal – Wednesday and Saturday

Tarboro-Edgecombe Farmers' Market
Albemarle Ave. & Church St.
Tarboro, NC
☎ 919-641-7815
Seasonal – Tuesday and Friday

The State Farmers' Market
Off Lake Wheeler Rd.
Raleigh, NC
☎ 919-733-7417
Year-round – Monday-Saturday

Town of Candor Farmers' Market
Farmers' Market Rd. off Hwy. 211
Candor, NC
☎ 910-974-4221
Year-round

Transylvania Cty. Fruit & Vegetable Market
E. Jordan & S. Johnson
Brevard, NC
☎ 828-884-3109
Seasonal – Tuesday, Thursday & Saturday

Union County Farmers' Market
805 Skyway Dr.
Mondayroe, NC
☎ 704-283-3741
Seasonal – Tuesday and Friday

Washington County Farmers' Market
Hwy. 64
Plymouth, NC
☎ 252-793-9497
Seasonal – Tuesday, Thursday & Saturday

Watauga County Farmers' Market
Horn In The West parking lot
Boone, NC
☎ 704-297-3837
Seasonal – Wednesday and Saturday

Waynesville Tailgate Market
416 N. Main St.
Waynesville, NC
☎ 828-456-3517
Seasonal – Wednesday and Saturday

Wilson County Farmers' Market
2200 Downing St.
Wilson, NC
☎ 252-239-1583
Seasonal – Wednesday and Saturday

Winston-Salem Retail Farmers' Market
Dixie Classic Fairgrounds, 421 W. 27th St.
Winston-Salem, NC
☎ 336-727-2236
Seasonal – Tuesday and Thursday

WNC (Asheville) Farmers' Market
570 Brevard Rd.
Asheville, NC
☎ 828-253-1691
Year-round – Daily

Yancey County Farmers' Market
2200 Downing St.
Wilson, NC
☎ 252-239-1583
Seasonal – Wednesday and Saturday

North Dakota

Beulah Farmers' Market
Hwys. 200 & 49
Beulah, ND
☎ 701-748-6347
Seasonal

Bismarck Farmers' Market
Kmart parking lot
Lincoln, ND
☎ 701-224-9973
Seasonal

Bottineau Farmers' Market
Bottineau County Fairgrounds
Bottineau, ND
☎ 701-228-3849/3917
Seasonal

Bowman Farmers' Market
Bowman County Fairgrounds
Bowman, ND
☎ 701-275-8849
Seasonal

Carrington Farmers' Market
Everson's parking lot
Carrington, ND
☎ 701-285-3581
Seasonal

Crosby Farmers' Market
100 block of E. Central Ave.
Crosby, ND
☎ 701-965-6333/6566
Seasonal

Dwight & Patsy Duke Farmers' Market
4 mi. west of Washburn on Alt. Rt. 200
Hensler, ND
☎ 701-794-3686
Seasonal

Elgin Farmers' Market
Museum parking lot
Elgin, ND
☎ 701-584-2937
Seasonal

Emmons County Farmers' Market
South end of Main St.
Linton, ND
☎ 701-336-7633
Seasonal

FM Farmers' Market
4th St., East & Main
West Fargo, ND
☎ 701-282-3796
Seasonal

Garrison Farmers' Market
Off Hwy. 37
Garrison, ND
☎ 701-529-4820
Seasonal

Grafton Farmers' Market
Off Hwy. 17

Grafton, ND
☎ 701-352-2241/0629
Seasonal

Greater Grand Forks Farmers' Market
South Forks Plaza parking lot
Grand Forks, ND
☎ 701-594-5022
Seasonal

Green Thumb Producers
Mirror Lake Park
Hettinger, ND
☎ 701-563-4662
Seasonal

Hazen Farmers' Market
Hwy. 200
Hazen, ND
☎ 701-748-6347
Seasonal

Jamestown Farmers' Market
Civic Center parking lot
Jamestown, ND
☎ 701-285-8135
Seasonal

Kenmare Farmers' Market Square
City Park
Kenmare, ND
☎ 701-386-2819
Seasonal

Linton Farmers' Market
South of MDU
Linton, ND
☎ 701-336-7633
Seasonal

Mandan Farmers' Market
Iverson lot, E. Main St.
Mandan, ND
☎ 701-663-1972
Seasonal

Minot Farmers' Market
1500 4th Ave., NW
Minot, ND
☎ 701-838-6930
Seasonal

Mouse River Park Farmers' Market
Mouse River Park
Tolley, ND
☎ 701-756-6225
Seasonal

Pick City Farmers' Market
Hwy. 200
Pick City, ND
☎ 701-748-6347
Seasonal

Roughrider Home Growers Market
Prairie Hills Mall
Dickinson, ND
☎ 701-255-5568
Seasonal

The Community Farmers' Market
400 4th St., South
Fargo, ND
☎ 701-347-4933
Seasonal

Tioga Farmers' Market
Farm Festival Building
Tioga, ND
☎ 701-664-2661
Seasonal

Valley City Farmers' Market
800 block of W. Main
Valley City, ND
☎ 701-845-4097
Seasonal

Watford City Farmers' Market
Main St.
Watford City, ND
☎ 701-842-2043
Seasonal

Western Co-op CU Farmers' Market
1300 Bison Dr.
Williston, ND
☎ 701-572-4000
Seasonal

Wing Farmers' Market
Main St.
Wing, ND
☎ 701-943-2347
Seasonal

Ohio

Athens County Farmers' Market
733 E. State St.
Athens, OH
☎ 614-538-1912
Year-round – Wednesday and Saturday

Athens Farmers' Market
270 Highland Ave.
Athens, OH
☎ 740-594-4990
Year-round – Wednesday and Saturday

Auglaize Farmers' Market
208 S. Blackhoof St.
Wapakoneta, OH
☎ 419-738-2219
Seasonal – Saturday

Barnersville Farmers' Market
300 E. Church St.
Barnersville, OH
☎ 614-425-3043
Seasonal – Tuesday and Friday

Bessemer Farm Market
1410 St. Michaels Ave.
Akron, OH
☎ 330-864-8333
Seasonal

Bexley Farmers' Market
2570 E. Main St.
Columbus, OH
☎ 419-674-4719
Seasonal – Thursday

Bowling Green Farmers' Market
121 E. Wooster, State Route 258
Bowling Green, OH
☎ 419-354-4332
Seasonal – Saturday

Bowman Market
2397 Center Rd.
Hinckley, OH
☎ 330-225-4748
Seasonal – Monday and Friday

Carrolton Weekly Farmers' Market
119 Public Square
Carrolton, OH
☎ 330-627-4310
Seasonal – Saturday

Champaign County Farmers' Market
5200 Prairie Rd.
Urbana, OH
☎ 937-484-3727
Seasonal – Saturday

Christ United Methodist Church
1140 Claremont Ave.
Ashland, OH
☎ 419-289-0507
Seasonal – Saturday

Cincinnati Court St. Market
Court & Vine streets
Cincinnati, OH
☎ 513-241-8934
Seasonal – Wednesday and Friday

City of Wooster Farmers' Market
241 S. Bever St.
Wooster, OH
☎ 330-263-5207
Seasonal – Thursday

Community Market (3 loc.)
Alms Park; French Park; Devou Park
4027 Allston St.
Cincinnati, OH
Seasonal – Saturday

Dayton Courthouse Square
3rd & Main streets
Dayton, OH
☎ 937-275-1206
Seasonal – Monday

Dayton Mall Farmers' Market
State Routes 741 & 725
Miamisburg, OH
☎ 937-275-1206
Seasonal – Wednesday

Delaware Co. Farmers Market
County fairgrounds off Pennsylvania Ave.
Delaware, OH
☎ 614-368-1925
Seasonal

Downtown Fremont Farm Market
134 S. Front

Fremont, OH
☎ 419-332-0481
Seasonal – Saturday

Downtown Sidney Farmers' Market
Courtsquare, State Routes 47 & 29
Sidney, OH
☎ 937-497-7111
Seasonal – Saturday

Downtown Wooster Farmers' Market
4959 Rice Hill Rd.
Wooster, OH
☎ 330-264-8708
Seasonal – Saturday

East 37th Market
E. 37th St.
Cleveland, OH
☎ 216-647-3227
Seasonal – Saturday

Eastgate Farmers' Market
Tractor Supply Co. parking lot off SR 32
Batavia, OH
☎ 513-753-3883
Seasonal – Thursday

Farmers Produce Auction
7701 State Route 241
Millersburg, OH
☎ 330-674-7661
Seasonal – Mon., Tues., Thurs. & Fri.

Findlay Market
Elder St.
Cincinnati, OH
☎ 513-352-4638
Year-round – Monday, Tuesday & Thursday

Fremont Farmers' Market
440 E. Poe Rd.
Bowling Green, OH
☎ 800-858-4678
Seasonal

Greater New Lexington Farmers' Market
McDougal Park at Main St.
New Lexington, OH
☎ 740-342-4121
Seasonal – Friday

Greene County Farmers' Mkt. (2 locations)
5 Points Shopping Ctr. (Fairborn); Kmart,
2239 Tarbox Cemetery Rd. (Beavercreek)
Cedarville, OH
☎ 513-766-2754
Seasonal – Thursday and Saturday

Greene County Farmers' Market
4087 Route 35
Jamestown, OH
☎ 937-675-4071
Seasonal – Tuesday

Grove City Farmers' Market
Town Center
Grove City, OH
☎ 614-871-0382
Seasonal – Saturday

Haymaker Farmers' Market
Franklin Ave. & Summit St.
Portage, OH
☎ 330-678-5748
Seasonal – Saturday

Henry County Farmers' Market
611 N. Perry St.
Napoleon, OH
☎ 419-592-1786
Seasonal – Saturday

Hillard Farmers' Market
Downtown Hillard
Hillard, OH
No phone
Seasonal – Saturday

Hillsboro Farmers' Market
Governor Foaker Place
Hillsboro, OH
☎ 800-628-7722
Seasonal – Saturday

Holmes County Senior Center
State Route 83
Millersburg, OH
No phone
Seasonal – Tuesday

Homerville Produce Auction
9430 Spencer Rd.
Homerville, OH

☎ 330-625-2369
Seasonal – Monday, Wednesday & Friday

Huffman's Produce
4645 E. US 6
Pemberville, OH
☎ 419-287-3388
Seasonal – Daily

I-70/I-77 Farmers' Market
Guernsey County Fairgrounds
Old Washington, OH
☎ 740-658-3150
Seasonal – Thursday

Jamie's Flea & Produce Market
½ mile west of Route 58
Amherst, OH
☎ 440-986-4402
Year-round – Wednesday and Sunday

Logan County Farmers' Market
3624 Township Rd.
136 Bellefontaine, OH
☎ 937-468-2853
Seasonal – Saturday

McLaughlin's Greenhouse & Market
22867 Kellogg Rd.
Grand Rapids, OH
☎ 419-832-3053
Seasonal – Sunday and Monday

Milford Farmers' Market
825 Main St. (Big Lots parking lot)
Milford, OH
Seasonal – Wednesday and Saturday

Monroe County Farmers' Market
42900 Reef Rd.
Sardis, OH
☎ 740-483-1528
Seasonal – Friday

North Market
59 Spruce St.
Columbus, OH
☎ 614-463-9664
Seasonal – Saturday

North Union Farmers' Market
Shaker Square
Cleveland, OH
☎ 216-751-3712
Seasonal – Saturday

Oxford Farmers' Market
5184 Garver Elliott Rd.
Oxford, OH
☎ 513-756-9186
Seasonal – Saturday

Pearl Alley Farmers' Market I
Pearl Alley at Broad St.
Columbus, OH
☎ 419-674-4719
Seasonal – Tuesday and Friday

Pearl Alley Growers Market
Corner of W. Bridge & N. High streets
Dublin, OH
☎ 419-674-4719
Seasonal – Saturday

Pearl Alley Upper Arlington Market
The Mallway at 2100 Arlington Ave.
Upper Arlington, OH
☎ 419-674-4719
Seasonal – Wednesday

Ross County Farmers' Market
78 W. Main St.
Chillicothe, OH
☎ 614-775-3200
Seasonal – Saturday

Springhill Orchards & Farm Market
6062 S. Ridge, West
Geneva, OH
☎ 440-466-7480
Seasonal – Friday and Saturday

Steubenville Farmers' Market
Fourth & Market St.
Steubenville, OH
☎ 740-283-4935
Seasonal – Thursday

Stock Exchange Market
453 Cincinnati Batavia Pike
Mt. Carmel, OH
No phone
Seasonal – Tuesday

Tailgate Market
Ridge Rd.

Cincinnati, OH
☎ 513-251-0990
Seasonal – Monday

Toledo Farmers' Market
Market & Huron streets
Toledo, OH
☎ 419-255-6765
Year-round – Monday-Saturday

Union County Farmers' Market
S. Main St.
Marysville, OH
No phone
Seasonal – Saturday

Waynesville Farmers' Market
SR 42, Der Dutchman Restaurant lot
Waynesville, OH
☎ 513-897-5946
Seasonal – Saturday

Wegerzyn Horticultural Assoc. Farmers' Mkt.
1301 E. Siebenthaler Ave.
Dayton, OH
☎ 937-277-9028
Seasonal – Saturday

West Side Market
1979 W. 25th St.
Cleveland, OH
☎ 216-664-3386
Year-round

West Union Farmers' Market
110 W. Main
West Union, OH
☎ 937-544-2339
Seasonal – Wednesday and Saturday

Westerville Farmers' Market
Main & Home streets
Westerville, OH
☎ 614-262-5638
Seasonal – Wednesday

Williams County Farmers' Market I
Courthouse Square
Bryan, OH
☎ 419-924-5130
Seasonal – Tuesday and Friday

Williams County Farmers' Market II
E. Main St., Williams County Fairgrounds
Montpelier, OH
No phone
Seasonal – Thursdays

Windmill Farm Market
1454 E. State Route 73
Springsboro, OH
☎ 513-885-3965
Seasonal

Woodsfield Farmers' Market
47029 Moore Ridge Rd.
Woodsfield, OH
☎ 740-483-1528
Seasonal – Friday

Woodworth Market
6401 Middle Ridge Rd.
Madison, OH
☎ 216-428-1385
Seasonal – Wednesday and Saturday

Worthington Farmers' Market
187 Desantis Dr.
Columbus, OH
☎ 614-262-5638
Seasonal – Saturday

Wyandot County Farmers' Market
5742 CH 43
Upper Sandusky, OH
☎ 419-927-4733
Seasonal – Saturday

Zanesville Farmers' Market
2620 Ford Rd.
Mt. Perry, OH
☎ 614-849-9743
Seasonal – Saturday

Oklahoma

Ada Farmers' Market
12th & Townsand
Ada, OK
☎ 580-332-2153
Seasonal

Altus Great Plains Farmers' Market
Community Center on Falcon Rd.
Altus, OK

☎ 580-482-0210
Seasonal

Alva Farmers' Market
407 Government St.
Alva, OK
☎ 580-327-2786
Seasonal

Chickasha Farmers' Market
Corner of 5th & Choctaw
Chickasha, OK
☎ 405-224-2216
Seasonal

Collinsville Tri-Co Farmers' Market
Fairgrounds at Route 1
Collinsville, OK
☎ 918-746-3700
Seasonal

Durant Farmers' Market
1st & Evergreen
Durant, OK
☎ 405-924-7240
Seasonal

Edmond Farmers' Market
First & Littler
Edmond, OK
☎ 405-969-3622

Seasonal
El Reno Farmers' Market
117 N. Choctaw
El Reno, OK
☎ 405-262-0155
Seasonal

Enid Farmers' Market
Garfield Cty. Fairgrounds, 316 E. Oxford
Enid, OK
☎ 580-237-1228
Seasonal

Holdenville Farmers' Market
102 E. Main
Holdenville, OK
☎ 405-379-5470
Seasonal

Idabel Farmers' Market
108-B N. Central, Main St.
Idabel, OK
☎ 405-286-3305
Seasonal

Lawton Farmers' Market
Courthouse
Lawton, OK
☎ 580-355-1176
Seasonal

McAlester Pittsburg Cty. Farmers' Market
Choctaw & Main
McAlester, OK
☎ 918-423-4120
Seasonal

Miami Farmers' Market
1621 N. Main
Miami, OK
☎ 918-542-1688
Seasonal

Muskogee County Farmers' Market
Muskogee Cty. Library, 880 W. Okmuglee
Muskogee, OK
☎ 918-487-5474
Seasonal

Norman Farmers' Market
615 E. Robinson
Norman, OK
☎ 405-321-4774
Seasonal

OSU-OKC Center Farmers' Market
Kirkpatrick Horticulture Ctr., Oklahoma State Univ.-OKC campus, 400 N. Portland
Oklahoma City, OK 73107
☎ 405-945-3326
Year-round

Ponca City Farmers' Market
100 block of S. 3rd St.
Ponca City, OK
☎ 405-362-3194
Seasonal

Sand Springs Main Street Farmers' Market
420 Plaza Ct., Broadway & McKinley
Sand Springs, OK
☎ 918-246-2509
Seasonal

Sapulpa Main Street Farmers' Market
101 E. Dewey
Sapulpa, OK
☎ 918-224-5709
Seasonal

Shawnee-Pottawatomie Cty. Farmers' Mkt.
7th & Bell
Shawnee, OK
☎ 405-273-7683
Seasonal

Stillwater Main Street Farmers' Market
9th & Lewis
Stillwater, OK
☎ 405-466-2279
Seasonal

Tulsa's Cherry Street Farmers' Market
15th & Peoria
Tulsa, OK
☎ 918-747-6701
Seasonal

Walters Farmers' Market
Broadway
Walters, OK
☎ 405-875-3651
Seasonal

Weatherford Farmers' Market
Broadway & Franklin
Weatherford, OK
☎ 405-772-7744
Seasonal

Woodward Main Street Farmers' Market
9th & Texas
Woodward, OK
☎ 580-254-8521
Seasonal

Oregon

Astoria Farmers' Market
20th & Marine Dr., near Maritime Museum
Astoria, OR
☎ 503-338-1333
Seasonal – Saturday

Bandon Farmers' Market
In Old Town
Jacksonville, OR
☎ 541-899-1415
Seasonal – Saturday

Beaverton Farmers' Market
5th & Hall Blvd.
Beaverton, OR
☎ 503-643-5345
Seasonal – Wednesday

Bend Farmers' Market
Brooks St., Riverfront Plaza at Mirror Pond
Bend, OR
☎ 541-899-1415
Seasonal – Wednesday

Blue Mountain Producers Market
Sunflower Bookstore lawn
Blue Mountain, OR
☎ 541-963-8049
Seasonal – Saturday

Canby Growers Market
First Ave. Carpark, corner of Holly & 1st
Canby, OR
☎ 503-266-4600
Seasonal – Saturday

Corvallis-Albany Farmers' Market
(3 locations)
Riverfront Park on 1st St.; Cty. Fairgrounds, 110 SW 53nd St. (Benton); Water St. (Albany)
Corvallis, OR
☎ 541-752-1510
Seasonal – Wednesday and Saturday

Douglas County Farmers' Market
Stewart Parkway & Garden Valley Blvd.
Roseburg, OR
☎ 503-863-6799
Seasonal – Wednesday

Farmers' Market at Wilco Farm Stores
2741 N. 99, West
McMinnville, OR
☎ 503-472-6154
Seasonal – Saturday

Grants Pass Growers Market
4th & F streets
Grants Pass, OR
☎ 541-476-5375
Seasonal – Saturday

Gresham Farmers' Market
Between 2nd & 5th on Roberts Ave.
Gresham, OR
☎ 503-727-9828
Seasonal – Saturday

Harrisburg Farmers' Market
255 Smith St. at 1st, downtown
Harrisburg, OR
☎ 541-995-6923
Seasonal – Wednesday

Hillsboro Farmers' Market
2nd & E. Main, Courthouse Square
Hillsboro, OR
☎ 503-515-4246
Seasonal – Saturday

Hollywood Farmers' Market
Washington Mutual parking lot
Portland, OR
☎ 503-233-3313
Seasonal – Saturday

Hood River Farmers' Market in the Park
13th & May streets, Jackson Park
Hood River, OR
☎ 541-354-2565
Seasonal – Saturday

Lane County Farmers' Mkt. (2 locations)
E. 8th & Oak streets; and 796 W. 13th (Lane Cty. Fairgrounds)
Eugene, OR
☎ 541-686-8885
Seasonal – Tuesday and Saturday

Lincoln County Small Farmers' Market
Lincoln County Fairgrounds
Newport, OR
☎ 541-265-4107
Seasonal – Saturday

People's All Organic Farmers' Market
3029 SE 21st Ave.
Portland, OR
☎ 503-232-9051
Seasonal – Wednesday

Portland Farmers' Market (2 locations)
1800 SW Broadway (Portland State U); and corner of Salmon & Park (Downtown)
Portland, OR
☎ 503-705-2460
Seasonal – Saturday and Wednesday

Rogue Valley Farmers' Market
Main St. between Riverside & Central
Medford, OR
☎ 541-899-1415
Seasonal – Thursday

Rogue Valley Growers Market (3 loc.)
Water St. (Ashland); Biddle Rd. & Jackson St., Medford Center (Medford); 4th St. & California (Jacksonville)
☎ 541-826-9868
Seasonal – Tuesday, Thursday & Saturday

Salem Public Market
1240 Rural St., SE
Salem, OR
☎ 503-393-4232
Year-round – Saturday

Salem Saturday Market
Green lot, corner of Summer & Marion
Salem, OR
☎ 503-623-6522
Seasonal – Saturday

Sandy Farmers' Market
Hoffman Ave., across from City Hall
Sandy, OR
☎ 503-630-4058
Seasonal – Sunday

Tigard Farmers' Market
Parking lot at Hall Blvd. & Oleson Rd.
Tigard, OR
☎ 503-244-2479
Seasonal – Saturday

Tualatin Lakeside Market
Lake Nyberg Rd. & Seneca
Tualatin, OR
☎ 503-692-0814
Seasonal – Saturday

Upper Rogue Farmers' Market
Hwy. 62 near Mac's Diner
Shady Cove, OR
☎ 541-899-1415
Seasonal – Friday

Weekend Garden Market
160th & TV Hwy. at Tri-Met Park & Ride
Beaverton, OR
☎ 503-359-1705
Seasonal – Saturday

Yachats Farmers' Market
Greenhouse Nursery & Florist
Yachats, OR
☎ 541-547-4324
Seasonal – Sunday

Pennsylvania

Aliquippa Festival Market
Towntowers parking lot, Franklin Ave.
Aliquippa, PA
☎ 724-378-2884
Seasonal – Wednesday

Allegheny Fruit & Vegetable Growers Assoc.
2152 Old Oakdale Rd.
McDonald, PA
☎ 412-221-7197
Seasonal – Monday-Wednesday

Allentown Fairgrounds Market
17th & Chew streets
Allentown, PA
☎ 610-432-2771
Year-round – Thursday-Saturday

Allentown Tpk. Plaza Farmers' Market
Route 9, Northeast Extension
Allentown, PA
☎ 717-787-5086
Seasonal – Friday-Sunday

Altoona Farmers' Market
6th Ave.
Altoona, PA
☎ 814-224-4844
Seasonal – Thursday

Ambridge Farmers' Market
St. Margaret parking lot
Ambridge, PA
☎ 724-846-1116
Seasonal – Thursday

Beaver County Courthouse Market
Beaver Falls, PA
☎ 724-846-1116
Seasonal – Saturday

Beaver Falls Farmers' Market
8th Ave.
Beaver Falls, PA
☎ 724-846-1116
Seasonal – Monday

Bellefonte Farmers' Market
Courthouse
Bellefonte, PA
No phone
Seasonal – Wednesday and Saturday

Belleville Farmers' Market & Livestock
S. Penn St.
Belleville, PA
☎ 717-935-2146
Seasonal – Wednesday

Berwick Farmers' Market
Mulberry St.
Berwick, PA
☎ 717-379-3279
Seasonal – Tuesday, Thursday & Saturday

Bird-In-Hand Farmers' Market
Maple Ave.
Bird-In-Hand, PA
☎ 717-393-9674
Seasonal

Bloomsburg Farmers' Market
Market Square
Bloomsburg, PA
☎ 717-784-2522
Seasonal – Tuesday, Thursday & Saturday

Boalsburg Farmers' Market
Boalsburg Military Museum
Boalsburg, PA
☎ 814-632-4378
Seasonal – Tuesday

Boro Farmers' Market
Angling Rd.
Edinboro, PA
☎ 814-734-2833
Seasonal – Saturday

Broad Street Farmers' Market
1233 N. 3rd St.
Harrisburg, PA
☎ 717-236-7923
Year-round – Thursday-Saturday

Brockway Farmers' Market
Main St.
Brockway, PA
No phone
Seasonal – Friday

Burd Street Center Farmers' Market
20 E. Burd St.
Shippensburg, PA
☎ 717-530-9344
Seasonal – Saturday

Butler County Farmers' Market
Shore St.
Butler, PA
☎ 724-282-2411
Seasonal – Monday, Wednesday & Saturday

Cameron County Farmers' Market
Chestnut St.
Emporium, PA
☎ 814-486-0297
Seasonal – Saturday

Carbondale Farmers' Market
Memorial Park
Carbondale, PA
No phone
Seasonal – Tuesday and Thursday

Carlisle Farmers' Market
260 York Rd.
Carlisle, PA
☎ 717-243-5222
Year-round – Friday and Saturday

Cavage's County Farmers' Market
Route 6, between Waymart & Honesdale
Honesdale, PA
☎ 717-253-9036
Seasonal – Daily

Central Farmers' Market
W. King & Market streets
Lancaster, PA
☎ 717-291-4723
Year-round – Tuesday, Friday & Saturday

Central Market House
34 W. Philadelphia & Beaver St.
York, PA
☎ 717-848-2243
Year-round – Tuesday, Thursday & Saturday

Charleroi Farmers' Market
One Chamber Plaza
Charleroi, PA
☎ 724-483-3507
Seasonal – Thursday

City of Erie Farmers' Market
6th & State streets
Erie, PA
☎ 814-870-1253
Seasonal – Tuesday and Thursday

City of Sunbury Curb Market
225 Market St.
Sunbury, PA
☎ 717-286-7820
Seasonal – Wednesday and Saturday

City Parks Farmers' Market I
Carrick Shopping Center
Carrick, PA
☎ 724-443-3558
Seasonal – Wednesday

City Parks Farmers' Market II
Highland Park
Pittsburgh, PA
☎ 724-443-3558
Seasonal – Monday and Thursday

City Parks Farmers' Market III
Allegheny Commons Northside
Pittsburgh, PA
☎ 724-443-3558
Seasonal – Friday

Clarion County Farmers' Market
Memorial Park, 5th & Main St.
Clarion, PA
☎ 814-764-3790
Seasonal – Saturday

Clark Park Farmers' Market
43rd St.
Philadelphia, PA
☎ 215-243-0555
Seasonal – Friday

Clearfield County Farmers' Market
W. 2nd St.
Clearfield, PA
☎ 814-765-9044
Seasonal – Wednesday and Saturday

Columbia Farmers' Market
Locust & 3rd streets
Columbia, PA
☎ 717-684-7983
Seasonal – Friday and Sunday

Coraopolis Farmers' Market
Presbyterian Church parking lot, 5th Ave.
Coraopolis, PA
☎ 724-774-2380
Seasonal – Monday

Corry Farmers' Market
127 N. Center St.
Corry, PA
☎ 814-665-9925
Seasonal – Saturday

County Courthouse Farmers' Market
County Courthouse
Pittsburgh, PA
No phone
Seasonal – Friday

Dallastown Open Air Farmers' Market
Corner of N. Walnut & Maple streets
Dallastown, PA
☎ 717-275-3091
Seasonal – Friday

Danville Farm Market
Mill St.
Danville, PA
☎ 717-275-3091
Seasonal – Saturday

Downtown Sharon Farmers' Market
Parking lot near Reyers Shoe Store
Sharon, PA
☎ 724-646-2184
Seasonal – Wednesday and Saturday

Downtown State Collage Farmers' Market
Locust Lane
State Collage, PA
☎ 814-422-8735
Seasonal – Friday

Doylestown Farmers' Market
State & Hamilton streets
Doylestown, PA
No phone
Seasonal – Saturday

Du Bois Farmers' Market
E. Brandy St.
Du Bois, PA
No phone
Seasonal – Friday

Dutch Country Farmers' Market
2031 Cottman Ave.
Philadelphia, PA
☎ 215-745-6008
Seasonal – Wednesday and Saturday

East Liberty Farmers' Market
N. Beatty & Ansley streets
East Liberty, PA
☎ 724-898-1670
Year-round – Saturday

Easton Farmers' Market
Centre Square
Easton, PA
No phone
Seasonal – Saturday

Ebensburg Farmers' Market
111 W. High St.
Ebensburg, PA
☎ 814-674-5915
Seasonal – Saturday

Farmers' Market
RD 1, Bear Creek Rd.
Millerton, PA
No phone
Seasonal – Daily

Farmers' Market at Nittany Mall
Nittany Mall parking lot
State College, PA
No phone
Seasonal – Tuesday

Farmers' Market of Central Westmoreland
Route 136
Greensburg, PA
☎ 412-834-2334
Seasonal – Tuesday and Saturday

Farmers' Nite Market
Northampton St.
Edwardsville, PA
No phone
Seasonal – Monday and Friday

Farrell Farmers' Market
Sparman Ave. & Rolmer Blvd.
Farrell, PA
☎ 724-983-2718
Seasonal – Tuesday and Friday

Fawn Grove Farmers' Market
Moll House Grill, Mall St.
Fawn Grove, PA
No phone
Seasonal – Friday

Firehouse Farmers' Market
703 S. 50th St.
Philadelphia, PA
☎ 215-729-4054
Year-round – Tuesday and Saturday

Franklin Club Market
12th & Liberty streets
Franklin, PA
☎ 814-437-1485
Seasonal – Wednesday and Saturday

Garden Court Farmers' Market
49th & Spruce streets
Philadelphia, PA
No phone
Seasonal – Saturday

Gettysburg Farmers' Market
Lincoln Square
Gettysburg, PA
☎ 717-359-9474
Seasonal – Saturday

Golden Mile Open-Air Farmers' Market
Route 1
Reedsville, PA
☎ 717-667-2606
Seasonal – Tuesday and Friday

Gratz Crossroads Auction
Route 25
Gratz, PA
☎ 717-362-4267
Seasonal – Friday

Green Dragon Farmers' Market
RD 4
Ephrata, PA
☎ 717-738-1117
Year-round – Friday

Greensburg Farmers' Market I
W. 2nd St.
Greensburg, PA
☎ 724-834-2334
Seasonal – Thursday

Greensburg Farmers' Market II
Route 30 & Donahue Rd.
Greensburg, PA
☎ 412-834-2334
Seasonal – Thursday

Hanover Farmers' Market
210 E. Chestnut St.
Hanover, PA
☎ 717-632-1353
Year-round – Saturday

Hazelton Farmers' Night Market
Hazle Park, 660 Washington Ave.
Hazelton, PA
☎ 717-379-3810
Seasonal – Monday, Wednesday & Friday

Hazelton Open Air Market
Churchill Mall at Broad St.
West Hazelton, PA
☎ 717-379-3286
Seasonal – Tuesday and Friday

Hempfield Farmers' Market
Harold Zion Lutheran Church, Route 136
Hempfield, PA
☎ 814-632-6986
Seasonal – Saturday

Hollidaysburg Farmers' Market
Diamond Downtown Square
Hollidaysburg, PA
☎ 814-632-6986
Seasonal – Friday

Hometown Farmers' Market
RD 1
Tamequa, PA
☎ 717-668-2630
Seasonal – Wednesday

Horst Farmers' Market
1840 Route 72, North
Lebanon, PA
☎ 717-274-0762
Year-round – Thursday

Huntingdon Farmers' Market
6th St.
Huntingdon, PA
☎ 814-658-3411
Seasonal – Friday

Indiana Farmers' Market
Philadelphia St.
Indiana, PA
☎ 724-354-2642
Seasonal – Wednesday and Saturday

Jeannette Farmers' Market
Downtown Jeannette
Jeannette, PA
☎ 724-834-2334
Seasonal – Thursday

Johnstown Farmers' Market
516 Landmark Building
Johnstown, PA
☎ 814-536-9031
Seasonal – Monday, Wednesday & Friday

Kamaw Open Air Market
2704 Glendale Valley Blvd.
Flinton, PA
☎ 814-687-4233
Seasonal – Daily

Kane Farmers' Market
Rose Bowl Lanes parking lot
Kane, PA
☎ 814-837-6459
Seasonal – Saturday

Kittanning Farmers' Market
Franklin Village Mall, RD 1
Punxsutawney, PA
☎ 814-275-2474
Seasonal – Monday and Saturday

Kline Village Farmers' Market
101 S. 25th & Market streets
Harrisburg, PA
☎ 717-255-9560
Year-round – Thursday-Saturday

Lancaster County Farmers' Market I
2 W. Baltimore Pike
Landsdowne, PA
☎ 610-284-6026
Year-round – Thursday-Saturday

Lancaster County Farmers' Market II
5942 Germantown Ave.
Philadelphia, PA
☎ 215-843-9564
Seasonal – Tuesday and Friday

Laurel Mall Farmers' Market
Laurel Mall, Routes 195 South & 119
Connellsville, PA
☎ 724-626-0160
Seasonal – Tuesday

Lawrence County Farmers' Market I
Towne Mall
New Castle, PA
No phone
Seasonal – Friday

Lawrence County Farmers' Market II
Common's II Mall
New Castle, PA
☎ 724-535-1396
Seasonal – Tuesday

Leesport Farmers' Market, Auction
Arlington St., 1 blk. east of Rte. 61
Leesport, PA
☎ 610-926-1307
Year-round – Wednesday

Lehigh Growers Market
South Mall, Lehigh St.
Allentown, PA
☎ 610-965-4009
Seasonal – Saturday

Lewisburg Farmers' Market
Fairground Rd.
Lewisburg, PA
☎ 814-237-1960
Year-round – Wednesday

Ligonier Country Market I
W. Main St.
Ligonier, PA
☎ 724-834-2334
Seasonal – Saturday

Ligonier Country Market II
Baldonier Millcreek Rd.
Ligonier, PA
No phone
Seasonal – Saturday

Loyola Produce Market
Brethran Church Rd.
Leola, PA
☎ 717-656-9592
Seasonal

Mahoning Farmers' Market
2522 Blakeslee Blvd.
Lehighton, PA
☎ 717-386-2329
Year-round – Thursday and Friday

Mansfield Farmers' Market
Old Route 15
Mansfield, PA
No phone
Seasonal – Tuesday

Manyunk Farmers' Market
4120 Main St.
Philadelphia, PA
☎ 215-482-9000
Year-round – Wednesday and Sunday

McKeesport Farmers' Market
Lyle Blvd.
McKeesport, PA
☎ 724-339-1709
Seasonal – Friday

Meadville Market House
Market St.
Meadville, PA
☎ 814-336-2056
Year-round – Monday and Friday

Michelangelo's Flea & Farmers' Market
Route 1
Edinboro, PA
☎ 814-654-0382
Seasonal – Saturday and Sunday

Middleburg Farmers' Market
Route 522
Middleburg, PA
☎ 717-837-2222
Seasonal – Tuesday

Milesburg Farmers' Market
Market St.
Milesburg, PA
No phone
Seasonal – Friday

Mondayroe Farmers' Market
Main St.
Stroudsburg, PA
☎ 215-381-3303
Seasonal – Saturday

Mondayroeville Farmers' Market
Gateway High School
Mondayroeville, PA
☎ 724-339-1709
Seasonal – Saturday

Moon Farmers' Market
1000 Beaver Grande Rd.
Moon Township, PA
☎ 412-262-1703
Seasonal – Saturday

Mount Carmel Farmers' Market
S. Oak St.
Mount Carmel, PA
☎ 717-799-5465
Seasonal – Saturday

Mount Lebanon Farmers' Market
733 Washington Rd.
Pittsburgh, PA
☎ 412-344-7623
Seasonal – Wednesday

Nanticoke Farmers' Market
Square Park
Nanticoke, PA
☎ 717-333-4258
Seasonal – Wednesday

Natrona Heights Plaza Farmers' Market
Natrona Heights Plaza
Natrona Heights, PA
No phone
Seasonal – Tuesday and Friday

New Eastern Market
201 Memory Lane
York, PA
☎ 717-755-5811
Year-round – Friday

New Station Tpk. Plaza Farmers' Market
New Station Service Plaza
Hunker, PA
☎ 724-925-3722
Seasonal – Friday-Sunday

Northside Farmers' Market
Allegheny Commons
Pittsburgh, PA
☎ 412-422-6523
Seasonal – Friday

O'Malia Farmers' Market
747 New River St.
Plains, PA
☎ 717-824-0490
Seasonal – Daily

Oil City Curb Market
Central Ave.
Oil City, PA
☎ 814-678-3002
Seasonal – Monday and Thursday

Original Farmers' Market
E. Brandy St.
DuBois, PA
☎ 814-371-4154
Seasonal – Friday

PA Open-Air Farmers' Market
Farmers' Show parking lot
Harrisburg, PA
☎ 717-761-0939
Seasonal – Tuesday and Friday

Penn & Market Street Farmers' Market
380 Market St.
York, PA
☎ 717-848-1402
Year-round – Tuesday, Friday & Saturday

Perkasie Farmers' Market
Market & 7th streets
Perkasie, PA
☎ 215-723-3508
Seasonal – Saturday

Philipsburg Farmers' Market
Front St.
Philipsburg, PA
☎ 814-632-6986
Seasonal – Saturday

Pittston Tomato Festival Farmers' Market
City Hall
Pittston, PA
☎ 717-654-0513
Seasonal – Tuesday

Plaza Farmers' Market
Heights Plaza Shopping Center
Natrona Heights, PA
☎ 412-353-2061
Seasonal – Tuesday and Friday

Potter County Farmers' Market
Courthouse Square, Main St., Route 6
Coudersport, PA
☎ 814-274-7496
Seasonal – Saturday

Pottstown Farmers' Market
300 High St.
Pottstown, PA
☎ 610-323-9614
Seasonal – Thursday-Saturday

Pottsville Farmers' Market
209 N. Center St.
Pottsville, PA
No phone
Seasonal – Tuesday and Sunday

Quarryville Growers Market
Goods Store
Quarryville, PA
No phone
Seasonal – Saturday

Reading Fairgrounds Farmers' Market
5th St., Hwy. 222N
Reading, PA
☎ 610-921-2696
Seasonal – Thursday-Saturday

Reading Farmers' Market
8th & Penn St.
Reading, PA
☎ 610-372-4986
Year-round – Thursday-Saturday

Reading Terminal Market
51 N. 12th & Arch St.
Philadelphia, PA
☎ 215-922-2317
Year-round – Monday and Saturday

Renningers Farmers' Market
Route 61 North
Orwigsburg, PA
☎ 717-385-3720
Seasonal – Friday-Sunday

Renningers Market
Routes 61 & 443, 740 Noble St.
Kutztown, PA
☎ 610-683-9439
Year-round – Friday and Saturday

Reynoldsville Farmers' Market
Main St.
Reynoldsville, PA
No phone
Seasonal – Tuesday

Ridgeway Farmers' Market
S. Mill St.
Ridgeway, PA
☎ 814-772-0210
Seasonal – Tuesday

Root's Country Market/Auction
705 Graystone Rd.
Manheim, PA
☎ 717-898-7811
Year-round – Tuesday

Saturday's Market
3751 E. Harrisburg Pike
Middletown, PA
☎ 717-944-2555
Year-round – Saturday

Scranton Co-op Farmers' Night Market
900 Barring Ave.
Scranton, PA
☎ 717-961-8251
Seasonal – Wednesday and Friday

Shamokin Curbside Market
Independence St.
Shamokin, PA
☎ 717-644-0876
Year-round – Tuesday, Thursday & Saturday

Sharon Farmers' Market
1 W. State St.
Sharon, PA
☎ 724-981-5882
Seasonal – Wednesday and Saturday

Sharon Hill Farmers' Market
1220 Chester Pike
Sharon Hill, PA
☎ 215-583-7900
Year-round – Wednesday and Saturday

Sheffield Township Farmers' Market
Sheffield Township Building
Sheffield, PA
No phone
Seasonal

Shenandoah Farmers' Market
15 W. Washington St.
Shenandoah, PA
☎ 717-462-1918
Seasonal – Tuesday and Friday

Sideling Hill Tpk. Plaza Farmers' Market
Sideling Hill Turnpike Service Plaza
Hustontown, PA
☎ 717-787-5086
Seasonal – Friday-Sunday

South Clyde Weaver Farmers' Market
19 N. 9th St.
Lebanon, PA
☎ 717-272-9227
Year-round – Friday and Saturday

South & Passyunk Farmers' Market
318 Gaskill St.
Philadelphia, PA
☎ 215-568-0882
Seasonal – Tuesday

South Street West Farmers' Market
Northwest corner of 17th & South streets
Philadelphia, PA
☎ 215-568-0882
Seasonal – Wednesday

Southside Farmers' Market
18th & Sydney streets
Pittsburgh, PA
☎ 412-422-6523
Seasonal – Tuesday

St. Marys Farmers' Market
Depot St.
St. Marys, PA
☎ 814-772-0210
Seasonal – Saturday

Steel City Farmers' Market
221-225 E. Lincoln Hwy.
Coatesville, PA
☎ 610-466-7550
Year-round – Thursday-Saturday

Sunbury Curb Market
4th & Market St.
Sunbury, PA
☎ 570-988-1795
Seasonal – Saturday

Sunbury Market House
434 Market St.
Sunbury, PA
☎ 717-374-5503
Year-round – Friday and Saturday

Farm Market at Delaware Valley College
Route 202 & New Britain Rd.
Doylestown, PA
☎ 215-345-1500
Seasonal – Daily

The Original Farmers' Market
Route 50, east of I-79
South Fayette, PA
☎ 412-264-5489
Seasonal – Monday, Wednesday & Friday

Tionesta Farmers' Market
Courthouse parking lot
Tionesta, PA
☎ 814-755-3544
Seasonal – Friday

Titusville Farmers' Market
Titusville Mall, W. Central Ave.
Titusville, PA
No phone
Seasonal – Tuesday and Friday

Tyler's Farmers' Market
Route 15
Mansfield, PA
No phone
Seasonal – Monday-Saturday

Tyrone Farmers' Market
Logan Ave.
Tyrone, PA
☎ 814-632-6986
Seasonal – Wednesday

Valley Forge Tpk. Plaza Farmers' Market
Valley Forge Service Plaza
Wayne, PA
☎ 215-293-1887
Seasonal – Friday-Sunday

Warren County Farmers' Market
Parking lot on 2nd Ave.
Warren, PA
☎ 814-723-6300
Seasonal – Saturday

Washington Farmers' Market
Franklin Mall
Washington, PA
☎ 724-663-7344
Seasonal – Monday, Wednesday & Friday

Wellsboro Farmers' Market
Water & Crafton streets
Wellsboro, PA
☎ 717-724-1926
Seasonal – Friday

West Chester Growers Market
Chestnut & Church St.
West Chester, PA
☎ 610-869-2719
Seasonal – Saturday

West Erie Plaza Farmers' Market
823 W. 12th St.
Erie, PA
☎ 814-453-6476
Seasonal – Wednesday and Saturday

West Shore Farmers' Market
900 Market St.
Lemoyne, PA
☎ 717-737-9881
Seasonal – Tuesday, Friday and Saturday

Wilkes Barre Farmers' Market
Public Square
Wilkes Barre, PA
☎ 717-821-1160
Seasonal – Thursday

Wilkinsburg Farmers' Market
Ross St.
Wilkinsburg, PA
☎ 724-339-1709
Seasonal – Monday and Thursday

Williamsburg Growers Market
Riverside Community Park
Williamsburg, PA
☎ 814-793-9379
Seasonal – Saturday

Williamsport Growers Association I
Bowman's Field at W. 4th St.
Williamsport, PA
☎ 717-745-3395
Seasonal – Friday

Williamsport Growers Association II
Pine St. Mall
Williamsport, PA
☎ 717-745-3395
Seasonal – Tuesday

Williamsport Outdoor Growers Market
Memorial Park & Pine St., church lot
Williamsport, PA
☎ 717-745-3395
Seasonal – Saturday

Wyoming Cty. Co-op Farmers' Market
Route 29, South
Tunkhannock, PA
☎ 717-378-2594
Seasonal – Tuesday, Thursday & Saturday

Rhode Island

Aquidneck Growers Market
909 E. Main Rd., Route 138
Middletown, RI
☎ 401-848-0099
Seasonal – Wednesday and Saturday

Block Island Farmers' Market
Manisses Corner
Block Island, RI
☎ 401-466-2875
Seasonal – Wednesday and Saturday

Down City Farmers' Market (4 locations)
Near Cookson America (Providence); Hope HS, Hope St. (Providence); Broad St. Train Station (Central Falls); Hamlet Ave. (Woonsocket)
☎ 401-647-3853
Seasonal – Mon., Tues., Thurs. & Sat.

Goddard Park Farmers' Market
Goddard State Park
Warwick, RI
☎ 401-222-2781
Seasonal – Friday

Governor Dyer Cooperative Market
Between Promenade & Valley St.
Providence, RI
☎ 401-273-8800
Seasonal – Daily

Newport Farmers' Market
73 Dr. Marcus Wheatland Blvd.
Newport, RI
☎ 401-849-7359
Seasonal – Thursday and Saturday

Peak Season Marketplace
High St.
Westerly, RI
☎ 401-348-0733
Seasonal – Thursday

South Kingstown Farmers' Mkt. (2 locations)
Rt 138 (Univ. of RI, Kearney Gym); Marina Park (Wakefield)
Kingston, RI
☎ 401-334-0287
Seasonal – Tuesday and Saturday

South Carolina

Aiken County Farmers' Market
Williamsburg St.
Aiken, SC
☎ 803-642-7648/7630
Monday through Saturday

Anderson County Farmers' Market
W. Market & Toly St.
Anderson, SC
☎ 864-226-1581
Tuesday, Thursday and Saturday

Beaufort Farmers' Market
Bay & Charles St.
Beaufort, SC
☎ 803-726-6360
Saturday

Charleston Farmers' Market
Marion Square, King & Calhoun
Charleston, SC
☎ 843-724-3705
April 12-November 1, Saturday 8am-1pm

Cherokee Farmers' Market
Overbrook Dr.
Gaffney, SC
☎ 803-489-3141
Seasonal

Chesterfield County Farmers' Market
Downtown, Front St.
Cheraw, SC
☎ 864-537-2641
Seasonal

Columbia State Farmers' Market
1001 Bluff Rd.
Columbia, SC
☎ 803-737-4664
Year-round

Corner Farmers' Market
Gulledge & Heatley St.
Moncks Corna, SC
☎ 843-257-2589
Saturday

Dillon County Farmers' Market
Hwy. 9
Dillon, SC
☎ 843-774-8218
Seasonal

Elloree Farmers' Market
Old Hwy. 6, Joe Miller Park
Elloree, SC
☎ 803-897-2663
Wednesday and Saturday

Five Points Farmers' Market
2300 Green St., MLK Park
Columbia, SC
☎ 203-734-2210
Tuesday and Saturday

Gaffney Farmers' Market
Midway Complex, Overbrook Dr.
Gaffney, SC
☎ 864-489-3141
Seaasonal

Greenville State Farmers' Market
1354 Rutherford Rd.
Greenville, SC
☎ 864-244-4023
Year-round

Greenwood Farmers' Market
Hwy. 72, East, behind Civic Center
Greenwood, SC
☎ 864-229-6681
Monday, Wednesday and Saturday

Jefferson Farmers' Market
Hwy. 151
Jefferson, SC
☎ 803-658-3251
Seasonal

Lancaster County Farmers' Market
Hwy. 9, 3 miles east of city
Lancaster, SC
☎ 803-283-3302
Seasonal

Malboro County Farmers' Market
Broad St.
Bennettsville, SC
☎ 803-479-6851
Seasonal

Mullins Farmers' Market
Main St.
Mullins, SC
☎ 803-464-9583
Seasonal

Newberry County Farmers' Market
Adelaide St.
Newberry, SC
☎ 803-276-1091
Monday and Thursday

No. Charleston/Hanahan Farmers' Market
Corner Remont & N. Rhett
Charleston, SC
☎ 843-740-2588
Thursday

Oakbrook Farmers' Market
Trolley & Dorchester
Summervillle, SC
☎ 843-873-0086
Thursday

Pageland Farmers' Market
Hwy. 601, north of city
Pageland, SC
☎ 803-672-5257
Seasonal

Pee Dee Farmers' Market
Hwy. 52
Florence, SC
☎ 843-665-5154
Year-round

St. George Farmers' Market
129 N. Parker Ave.
St. George, SC
☎ 843-563-2673
Seasonal

Seneca Farmers' Market
Main St.
Seneca, SC
☎ 864-638-5889
Tuesday, Thursday and Saturday

Spartanburg Farmers' Market
Main St.
Spartanburg, SC
☎ 864-596-2993
Seasonal

Summerville Farmers' Market
218 S. Main St.
Summerville, SC
☎ 843-873-6000
Saturday

Union Farmers' Market
N. Mountain St.
Union, SC
☎ 864-427-6259
Seasonal

Walhalla Farmers' Market
Church St.
Walhalla, SC
☎ 864-638-5889
Wednesday and Friday

Walterboro Farmers' Market
Washington St.
Walterboro, SC
☎ 843-549-2595
Monday and Thursday

York County Farmers' Market
Corner Whit St. & Deve
Rock Hill, SC
☎ 803-684-9919
Seasonal

South Dakota

Area Vendors Produce Stand
Salebarn & Sturgis streets
Sturgis, SD
No phone
Seasonal

Black Hills Farmers' Market I
Kansas City St.
Rapid City, SD
☎ 605-456-2171
Seasonal – Saturday

Black Hills Farmers' Market II
Omaha St.
Rapid City, SD
☎ 605-456-2171
Seasonal – Tuesday and Thursday

Cedar Grove Colony Farmers' Market
Route 1
Platte, SD
☎ 605-337-2404
Seasonal

Downtown Farmers' Market, Main St.
E. 10th St. & 1st Ave.
Sioux Falls, SD
☎ 605-594-2135
Seasonal – Wednesday and Saturday

Farmers' Market
Buches parking lot
Wagner, SD
☎ 605-384-5411
Seasonal

Farmers' Market
State St.
Belle Fourche, SD
☎ 888-345-JULY
Seasonal

Family for Crofton Farmers' Market
D & D Quick Shop lot
Yankton, SD
No phone
Seasonal

Gages Gardens Farmers' Market
379 Evans Lane
Spearfish, SD
☎ 605-642-5438
Seasonal

Grass Ranch Colony Farmers' Market
Route 1 at Kimball

Platte, SD
☎ 605-778-6777
Seasonal

Lake Madison Farmers' Market
At the lake
Madison, SD
☎ 605-256-6319
Seasonal

Marsha's Gardens Farmers' Market
19250 355 Ave.
Miller, SD
☎ 605-853-2336
Seasonal

Nat'l Abundance Food Store Farmers' Mkt.
125 S. Main St.
Aberdeen, SD
☎ 605-229-4947
Seasonal

Platte Colony Farmers' Market
35271 270th St.
Academy, SD
☎ 605-726-3142
Seasonal

Ralph Ripley Farmers' Market
18558 301 Ave.
Onida, SD
☎ 605-264-5495
Seasonal

Rillings Food Stand Farmers' Market
224 S. Adams Ave.
Pierre, SD
☎ 605-945-1509
Seasonal

Sanderson Gardens Farmers' Market
47657 US Hwy. 14
Aurora, SD
☎ 605-693-4871
Seasonal

Spearfish Farmers' Market
395 Evans Ln.
Spearfish, SD
☎ 605-642-5569
Seasonal – Daily

Watertown Farmers' Market
Kemp Ave.
Watertown, SD
☎ 605-882-8900
Seasonal – Saturday

Tennessee

Bedford County Farmers' Market
County Celebration Grounds
Shelbyville, TN
☎ 615-648-5971
Seasonal

Bradley County Farmers' Market
95 Church St. SE
Cleveland, TN
☎ 615-476-4552
Seasonal

Coffee County Farmers' Market
Fort St.
Manchester, TN
☎ 615-723-5141
Seasonal

Cumberland County Farmers' Market
Hwy. 70
Crossville, TN
☎ 615-484-9395
Seasonal

Dayton Farmers' Market
Old Dayton Bank lot
Dayton, TN
☎ 615-775-7807
Seasonal

Depot Street Market
Depot & Church streets
Greenville, TN
☎ 615-636-0108
Seasonal

Dyersburg Food Fair
Church parking lots
Dyersburg, TN 38024
☎ 901-286-7821
Seasonal

East TN Regional Food Distribution Ctr.
1715 Garden Village Dr.
White Pine, TN

☎ 423-674-0106
Seasonal

East Tennessee F.A.R.M.
107 Dartmouth
Oak Ridge, TN
☎ 615-483-0751
Seasonal

11th Street Farmers' Market
716 E. 12th St.
Chattanooga, TN
☎ 615-267-4492
Year-round

Farmers' Burlee Co-op
726 N. Market St.
Sweetwater, TN
☎ 615-337-7234
Seasonal

Farmers' Market at Agricenter
7777 Walnut Grove Rd.
Memphis, TN
☎ 901-757-7790
Seasonal

Fayette County Farmers' Market
First Methodist Church parking lot
Somerville, TN
☎ 901-465-5233
Seasonal

Food Fair
1442 Mari-Jon Dr.
Chattanooga, TN
☎ 615-892-3135
Seasonal

Franklin County Farmers' Market
Courthouse
Winchester, TN
☎ 615-967-2741
Seasonal

Gallatin Farmers' Market
County Fairgrounds
Gallatin, TN
☎ 615-452-1423
Seasonal

Garden Trade Day
Hardin County Fairgrounds
Savannah, TN
☎ 901-925-3441
Seasonal

Giles County Farmers Market
100 S. Second St.
Pulaski, TN
☎ 615-363-3789
Seasonal

Greene County Farmers' Market
Depot St. Market
Greeneville, TN
☎ 615-639-4732
Seasonal

Henry County Farmers' Market
Henry County Fairgrounds
Paris, TN
☎ 901-642-2941
Seasonal

Jackson Food Fair
259 W. Deadrick St.
Jackson, TN
☎ 901-668-8543
Seasonal

Knox County Regional Farmers' Market
4700 New Harvest Lane
Knoxville, TN
☎ 615-524-3276
Year-round

Lawrence County Farmers' Market
Mahr & Taylor streets
Lawrenceburg, TN
☎ 615-762-5506
Seasonal

Lebanon Farmers' Market
4195 Maple St.
Lebanon, TN
☎ 615-444-0825
Seasonal

Livingston-Overton Cty. Farmers' Market
University & Spring streets
Livingston, TN
☎ 615-823-2735
Seasonal

Macon County Farmers' Market
Key Park on Church St.
Lafayette, TN
☎ 615-666-3341
Seasonal

Marshall County Farmers' Market
Robinhood Rd.
Lewisburg, TN
☎ 615-359-1929
Seasonal

Martin Area Food Fair
Main St.
Martin, TN
☎ 901-587-6257
Seasonal

Maryville Farmers' Market
Broadway St., downtown
Maryville, TN
☎ 615-981-1337
Seasonal

McMinn County Farmers' Market
Hwy. 30
Athens, TN
☎ 615-745-2852
Seasonal

Metro Farmers' Market
618 Jackson St.
Nashville, TN
☎ 615-259-7903
Year-round

Montgomery County Farmers' Market
3665 Sango Rd.
Clarksville, TN
☎ 615-358-2285
Seasonal

Morristown Farmers' Market
Morris Blvd.
Morristown, TN
☎ 615-586-6111
Seasonal

Nashville F.A.R.M.
Bon Aqua, TN
☎ 615-298-4760
Seasonal

Perry County Farmers' Market
Old Hwy. 13
Linden, TN
☎ 615-589-2331
Seasonal

Rogerville Farmers' Market
850 W. Main St.
Rogerville, TN
☎ 615-272-7241
Seasonal

Rutherford County Farmers' Market
S. Front St.
Murfreesboro, TN
☎ 615-898-7710
Seasonal

Scott County Farmers' Market
The Scott County Co-op
Oneida, TN
☎ 615-569-6835
Seasonal

Scott Street Market
814 Scott St.
Memphis, TN
☎ 901-327-8828
Seasonal

Spring City Farmers' Market
First Presbyterian Church
Dayton, TN
☎ 615-775-7807
Seasonal

Tri State Farmers' Market
Methodist Church
Tazewell, TN
☎ 615-626-3742
Seasonal

Tri-Cities F.A.R.M.
St. John Episcopal Church
Johnson City, TN
☎ 615-323-9641
Seasonal

Tri-City F.A.R.M.
Sullivan County, TN
☎ 615-323-9641
Seasonal

Tullahoma Food Fair
Trinity Lutheran Church
Tullahoma, TN
☎ 931-445-9475
Seasonal

T.A.M. Farm
453 Liberty Church Rd.
Brighton, TN
☎ 901-476-6494
Seasonal

Warren County Farmers' Market
261 Fair Grounds Rd.
McMinnville, TN
☎ 615-473-8484
Seasonal

Wartburg Farmers' Market
Courthouse Square
Wartburg, TN
☎ 615-346-3000
Seasonal

West Main/Ruritan Market
1414 W. Main St.
Greeneville, TN
☎ 615-639-3945
Seasonal

West Tennessee Farmers' Market
91 New Market St.
Jackson, TN
☎ 901-425-8310
Seasonal

White County Farmers' Market
117 S. Main St.
Sparta, TN
☎ 615-836-3348
Seasonal

Texas

Abilene Big Country Farmers' Market
1700 N. Treadway
Abilene, TX
☎ 915-548-2467
Seasonal – Tuesday, Thursday & Saturday

Amarillo Golden Spread
W. 8th Ave. & Washington St.
Amarillo, TX
☎ 806-481-9420
Seasonal – Tuesday, Thursday & Saturday

Austin Farmers' Market I
6701 Burnet Rd.
Austin, TX
☎ 512-442-7637
Seasonal – Daily

Austin Farmers' Market II
2910 S. Congress
Austin, TX
☎ 512-285-4758
Seasonal – Saturday

Austin Farmers' Market III
434 Hwy. 183, South
Austin, TX
☎ 512-385-0080
Seasonal – Wednesday

Bangs Farmers' Market
503 W. Hall
Bangs, TX
☎ 915-752-6223
Seasonal – Saturday

Bastrop Farmers' Market
Courthouse Square
Bastrop, TX
☎ 512-332-0837
Year-round – Friday

Beaumont Farmers' Market
2095 Helena St.
Beaumont, TX
☎ 409-429-3081
Year-round – Tuesday, Thursday & Saturday

Benbrook Farmers' Market
8101 Hwy 80, West
Benbrook, TX
☎ 817-244-6036
Seasonal – Wednesday and Saturday

Brownwood Area Farmers' Market
620 N. Fisk
Brownwood, TX
☎ 915-646-2034
Seasonal – Tuesday, Thursday & Saturday

Columbus Farmers' Market
Hwys. 90 & 71
Columbus, TX
☎ 409-732-2082
Seasonal – Wednesday and Saturday

Comfort Farmers' Market
Comfort Community Park, Hwy. 27
Comfort, TX
☎ 830-324-6716
Seasonal – Saturday

Copperas Cove Farmers' Market
109 E. Hwy. 190
Copperas Cove, TX
☎ 254-547-7571
Seasonal – Monday, Thursday & Saturday

Corpus Christi Farmers' Market (2 loc.)
4202 S. Staples; 5800 block of Everhart
Corpus Christi, TX
☎ 512-439-7289; 512-358-3888
Seasonal – Tuesday and Saturday

Corsicana Farmers' Market
6th St. & Hwy. 75
Corsicana, TX
☎ 903-874-2670
Seasonal – Tuesday and Saturday

Del Rio Farmers' Market
San Felipe Lion's Park
Del Rio, TX
☎ 830-773-6825
Seasonal – Monday, Wednesday & Friday

El Paso Farmers' Market I
816 Florence
El Paso, TX
☎ 915-859-2999
Seasonal – Tuesday

El Paso Farmers' Market II
411 N. Zaragosa
El Paso, TX
☎ 915-859-2999
Seasonal – Wednesday

El Paso Farmers' Market III
6375 Montana
El Paso, TX
☎ 915-859-2999
Seasonal – Saturday

Farmers Branch Farmers' Market
12731 Dentan Dr., Word of Faith Church
Farmers Branch, TX
☎ 972-620-3849
Seasonal – Wednesday and Saturday

Ft. Worth Farmers' Market I
8101 Hwy. 80, West
Ft. Worth, TX
☎ 817-221-5161; 817-599-5151
Year-round – Tuesday and Friday

Ft. Worth Farmers' Market II
900 Block of Wearherford parking lot
Ft. Worth, TX
☎ 817-221-5161; 817-599-5151
Year-round – Sunday and Thursday

Ft. Worth Farmers' Market III
2500 Arkansas Lane, West
Ft. Worth, TX
☎ 817-221-5161; 817-599-5151
Year-round – Monday and Friday

Fredericksburg Farmers' Market
207 E. Park St.
Fredericksburg, TX
☎ 512-997-5008
Year-round – Wednesday and Saturday

Georgetown Farmers' Market
Courthouse Square (east side)
Georgetown, TX
☎ 512-764-2122
Seasonal – Thursday

Gonzales Farmers' Market
Historic Jail Site
Gonzales, TX
☎ 830-672-6532
Seasonal – Thursday

Grand Prairie Farmers' Market
100 block of W. Main in Pocket Park
Grand Prairie, TX
No phone
Seasonal – Monday and Thursday

Grapevine Farmers' Market
701 S. Main St. (behind Heritage Center)
Grapevine, TX
☎ 817-424-0518
Seasonal – Wednesday and Saturday

Hereford Farmers' Market
111 W. Park Ave.
Hereford, TX
☎ 806-276-5240
Seasonal – Wednesday

Jacksonville Farmers' Market
1945 S. Jackson
Jacksonville, TX
☎ 903-586-6774
Seasonal – Monday and Saturday

Killeen Farmers' Market
Park St. & Avenue G
Killeen, TX
☎ 512-756-8380
Seasonal – Tuesday and Saturday

LaGrange Farmers' Market
Hwy. 77, South
LaGrange, TX
☎ 409-968-3580
Seasonal – Tuesday and Saturday

Livingston Farmers' Market
111 Hwy. 59, North Loop
Livingston, TX
☎ 409-563-4961
Seasonal – Tuesday, Thursday & Saturday

Lufkin Farmers' Market
2107 S. Medford
Lufkin, TX
☎ 409-634-6655
Seasonal – Daily

Lubbock Farmers' Market
14th & Avenue J
Lubbock, TX
☎ 806-637-8935
Seasonal – Tuesday, Thursday & Saturday

Midland Farmers' Market (2 locations)
1505 E. Front (Monday & Friday);
5025 Princeton (Tuesday & Saturday)
Midland, TX
☎ 915-694-3460

Mineola Farmers' Market
1000 Commerce St.
Mineola, TX
☎ 214-569-6888
Seasonal – Monday, Thursday & Saturday

Palestine Farmers' Market
813 N. Spring
Palestine, TX
☎ 903-549-2839
Seasonal – Daily

Paris Farmers' Market
Market Square
Paris, TX
☎ 903-737-9999
Seasonal – Monday and Thursday

Plainview Farmers' Market
I-27 & Hwy. 70, West
Plainview, TX
☎ 806-684-2439
Seasonal – Wednesday and Saturday

Robstown Farmers' Market
605 E. Avenue J
Robstown, TX
☎ 512-387-5904
Seasonal – Monday, Wednesday & Friday

San Angelo Farmers' Market
1524 Bryant Blvd.
San Angelo, TX
☎ 915-651-7348
Seasonal – Tuesday, Thursday & Saturday

San Antonio Farmers' Market (3 locations)
Olmos Basin Park; Converse Park;
Wal-Mart parking lot
San Antonio, TX
☎ 830-997-1632
Seasonal – Monday and Saturday

San Marcos Farmers' Market
City Park
San Marcos, TX
☎ 512-280-8221
Seasonal – Tuesday

Seguin Farmers' Market
510 E. Court St.
Seguin, TX
☎ 830-372-4583
Seasonal – Wednesday and Saturday

Sweetwater Farmers' Market
1118 Broadway
Sweetwater, TX

☎ 915-962-5441
Year-round – Wednesday and Saturday

Taylor Farmers' Market
Hwy. 95 & Lake Dr.
Taylor, TX
☎ 512-365-9230
Seasonal – Monday

Texarkana Farmers' Market
3920 Summerhill Rd.
Texarkana, TX
☎ 903-667-2484
Seasonal – Tuesday, Thursday & Saturday

Tyler Farmers' Market
County Fairgrounds
Tyler, TX
☎ 903-586-5068
Seasonal – Tuesday, Thursday & Saturday

Victoria Farmers' Market
2805 N. Navarro
Victoria, TX
☎ 512-575-1379
Seasonal – Wednesday and Saturday

Waco Farmers' Market
Heart of TX Fairgrd., 4601 Bosque Blvd.
Waco, TX
☎ 254-863-5165
Seasonal – Tuesday, Thursday & Saturday

Weatherford Farmers' Market
210 Fort Worth St.
Weatherford, TX
☎ 817-594-0095
Year-round – Daily

Wichita Falls Farmers' Market
4311 Jacksboro Hwy.
Wichita Falls, TX
☎ 940-544-2223
Year-round

Utah

Downtown Alliance Farmers' Market
Pioneer Park, 300 West & 300 South
Salt Lake City, UT
☎ 801-359-5118
Seasonal

Spanish Fork Farmers' Market
City Park, Center & Main streets
Spanish Fork, UT
☎ 801-798-5000
Seasonal

Utah Farm Bureau Farmers' Market
9865 S. State St.
Sandy, UT
☎ 801-233-3000
Seasonal

Vermont

Battenkill Valley Farmers' Market
Shaftsbury Elementary School parking lot
Shaftsbury, VT
☎ 802-375-2939
Seasonal – Tuesday and Saturday

Bennington Farmers' Market
C of C lawn, Route 7, North
Bennington, VT
☎ 518-686-3293
Seasonal – Wednesday and Friday

Brandon Farmers' Market
Central Park, Route 7
Brandon, VT
☎ 802-247-8473
Seasonal – Friday

Brattleboro Area Farmers' Market
W. Brattleboro at Route 9
Brattleboro, VT
☎ 802-257-1272
Seasonal – Wednesday and Saturday

Bristol Farmers' Market
Park in Bristol
Bristol, VT
☎ 802-453-2668
Seasonal – Saturday

Burlington Farmers' Market
City Hall Park
Burlington, VT
☎ 888-889-8188
Seasonal – Saturday

Caledonia Farmers' Market
Middle school grounds, Western Ave.
St. Johnsbury, VT

☎ 802-626-8396
Seasonal – Wednesday and Saturday

Capitol City Farmers' Market
State & Elm St.
Montpelier, VT
☎ 802-479-9701
Seasonal – Saturday

Chelsea Farmers' Market
North Common (center of town)
Turnbridge, VT
☎ 802-439-5180
Seasonal – Wednesday

Enosburg Farmers' Market
Village Park
Enosburg Village, VT
☎ 802-933-2855
Seasonal – Wednesday and Saturday

Fair Haven Farmers' Market
Fair Haven Park
Fair Haven, VT
☎ 802-265-4240
Seasonal – Friday

Groton's Happy Tourist Farmers' Market
435 Scott Hwy.
Groton, VT
☎ 802-584-3881
Seasonal – Friday

Island Pond Farmers' Market
Nadeau Farm, Route 105
Island Pond, VT
☎ 802-754-8405
Seasonal – Friday

Mad River Green Farmers' Market
Route 100
Waitsfield, VT
☎ 802-496-5856/4274
Seasonal – Saturday

Middlebury Farmers' Market
Marbleworks
Middlebury, VT
☎ 802-948-2576
Seasonal – Wednesday and Saturday

Morrisville Farmers' Market
Junction of Routes 15 & 100
Morrisville, VT
☎ 802-472-3621
Seasonal – Saturday

Mt. Tom Farmers' Market
Route 12, North
Woodstock, VT
☎ 802-763-7981
Seasonal – Saturday

Newport Farmers' Market
On the causeway in city
Newport, VT
☎ 802-754-8405
Seasonal – Wednesday and Saturday

Northwest Farmers' Market
Taylor Park, Main St.
Saint Albans, VT
☎ 802-933-4073
Seasonal – Saturday

Norwich Farmers' Market
Route 5, South
Norwich, VT
☎ 603-763-4169
Seasonal – Saturday

Old North End Farmers' Market
Corner of Archibald & Elmwood streets
Burlington, VT
☎ 802-863-6248
Seasonal – Tuesday

Randolph Farmers' Market
Central St., Route 66
Randolph, VT
☎ 802-728-9010
Seasonal – Saturday

Richford Farmers' Market
Davis Park, River St.
Richford, VT
☎ 802-848-3101
Seasonal – Saturday

Richmond Farmers' Market
Volunteers Green
Richmond, VT
☎ 802-434-4297
Seasonal – Friday

Royalton Farmers' Market
Royalton Common, Route 14
Royalton, VT
☎ 802-763-8017
Seasonal – Thursday

Springfield Farmers' Market
In front of Vermont National Bank Plaza
Springfield, VT
☎ 802-885-3782
Seasonal – Wednesday

Stowe Farmers' Market
Red Barn Shop, Route 108
Stowe, VT
☎ 802-253-8532
Seasonal – Sunday

Vergennes Farmers' Market
Vergennes City Green
Vergennes, VT
☎ 802-475-2646
Seasonal – Saturday

Vermont Farmers' Market-Poultney (2 loc.)
Main St. (Poultney); Downtown (Rutland)
Poultney, VT
☎ 802-287-2460
Seasonal – Tuesday and Thursday

Waterbury Farmers' Market
Rusty Parker Park
Waterbury, VT
☎ 802-482-3404
Seasonal – Wednesday

W. River Farmers' Market of Londonderry
Routes 11 & 100
Londonderry, VT
☎ 802-824-4486
Seasonal – Saturday

Winooski Farmers' Market
Champlain Mill parking lot
Winooski, VT
☎ 802-865-0068
Seasonal – Wednesday

Wolcott Homestead Market
Wolcott Village, Route 15
Wolcott, VT
☎ 802-472-8566
Seasonal – Friday

Virginia

Annandale Farmers' Market
Mason District Park, 6621 Columbia Pike
Annandale, VA
☎ 703-642-5173
Seasonal – Thursday

Appomattox Farmers' Market
Main St.
Appomattox, VA
☎ 804-352-2621
Seasonal

Arlington County Farmers' Market
N. 14th St. & North Courthouse
Arlington, VA
☎ 703-228-6400
Seasonal – Saturday

Bedford Farmers' Market
Washington & Center streets
Bedford, VA
☎ 703-586-2148
Seasonal

Buena Vista Farmers' Market
Magnolia St.
Buena Vista, VA
☎ 703-261-2880
Seasonal

Burke Centre Farmers' Market
5671 Roberts Parkway, VRE Parking Lot
Burke, VA
☎ 703-642-5173
Seasonal – Saturday

Charlottesville City Farmers' Market
Carver Recreation Center
Charlottesville, VA
☎ 804-971-3271
Seasonal

Clintwood Farmers' Market
Main St.
Clintwood, VA
☎ 703-926-4605
Seasonal

Danville Area Farmers' Market
Spring & Floyd streets
Danville, VA

☎ 804-799-5261
Seasonal

Dayton Farmers' Market
Route 42, South
Dayton, VA
☎ 540-879-9885
Seasonal

Downtown Blacksburg Farmers' Market
Roanoke St. & Draper Rd.
Blacksburg, VA
☎ 540-961-1130
Seasonal

Downtown South Boston Farmers' Market
Broad St.
South Boston, VA
☎ 804-575-5233
Seasonal

Eastern Loudoun Farmers' Market
Cascades Park & Ride
Leesburg, VA
☎ 540-882-3048
Seasonal

Fairfax Extension Farmers' Market
10480 Main St.
Fairfax, VA
☎ 703-642-5173
Seasonal – Tuesday

Falls Church Farmers' Market
300 Park Ave.
Falls Church, VA
☎ 703-241-5027
Seasonal

Fredericksburg Farmers' Market
Prince Edward St.
Fredericksburg, VA
☎ 540-372-1010
Seasonal

Frying Pan Park
2709 W. Ox Rd.
Herndon VA
☎ 703-642-5173
Seasonal – Wednesday

Harrisonburg Farmers' Market
Water St.
Harrisonburg, VA
☎ 540-433-1676
Seasonal

Haymarket Farmers' Market
Town Hall, 15025 Washington St.
Haymarket, VA
☎ 703-754-4816
Seasonal

Herndon Farmers' Market
Old Town Herndon, next to Red Caboose
Herndon, VA
☎ 703-642-5173
Seasonal – Thursday

Isle of Wight Farmers' Market
Route 17 & Hwy. 669
Carrollton, VA
☎ 804-238-2352
Seasonal

Lee District Farmers' Market
Lee District Park, 6601 Telegraph Rd.
Alexandria, VA
☎ 703-642-5173
Seasonal

Lexington Farmers' Market
Henry St.
Lexington, VA
☎ 540-463-4733
Seasonal

Lynchburg Community Market
1219 Main St.
Lynchburg VA
☎ 804-847-1499
Tuesday and Saturday 7am-2pm

Martinsville Farmers' Market
Fayette St.
Martinsville, VA
☎ 540-638-5311
Seasonal

Mathews Farmers' Market
Route 198, high school parking lot
Mathews, VA
☎ 804-725-7196
Seasonal

McLean Farmers' Market
1659 Chain Bridge Rd.
McLean, VA
☎ 703-642-5173
Seasonal – Friday

Mechanicsville Farmers' Market
Business Route 360
Mechanicsville, VA
☎ 804-798-5124
Seasonal

Middleburg Farmers' Market
Behind post office off Federal St.
Leesburg, VA
☎ 540-882-3048
Seasonal

Mount Vernon Farmers' Market
2511 Parkers Lane
Mount Vernon, VA
☎ 703-642-5173
Seasonal – Tuesday

Nelson County Farmers' Market
Route 151, Downtown
Nellysford, VA
☎ 804-244-2399
Seasonal

New River Valley Farmers' Market
Market Place Center Shopping Center
Christiansburg, VA
☎ 540-552-1440
Seasonal

Orange County Farmers' Market
Route 15, 1 mile south of city
Orange, VA
☎ 540-672-2977
Seasonal

Patrick County Farmers' Market
Courthouse parking lot
Stuart, VA
☎ 540-694-3341
Seasonal

People's Market of Lebanon
Lebanon Elementary & Middle Schools
Lebanon, VA
☎ 540-889-7574
Seasonal

Petersburg Farmers' Market
Old Market Square, Old St.
Petersburg, VA
☎ 804-733-2402
Seasonal

Prince William County Farmers' Market
Dale City commuter lot
Dale City, VA
☎ 703-670-7115
Seasonal

17th Street Farmers' Market
17th & Main streets
Richmond, VA
☎ 804-780-8597
Seasonal

Roanoke Historic City Farmers' Market
Campbell St. Market Square
Roanoke, VA
☎ 540-342-2028
Year-round

Reston Farmers' Market
Lake Anne Plaza Off N. Shore Dr.
Reston, VA
☎ 703-642-5173
Seasonal – Saturday

Salem Farmers' Market
Main & Broad streets
Salem, VA
☎ 504-375-3028
Seasonal

Saluda Outdoor Farmers' Market
Courthouse Square
Saluda, VA
☎ 804-758-4120
Seasonal

Staunton-Augusta Farmers' Market
Wharf parking lot
Staunton, VA
☎ 540-885-7593
Seasonal

Sterling Farmers' Market
Plaza Shopping Center
Sterling, VA
☎ 540-882-3048
Seasonal

Surry Farmers' Market
Courthouse Square
Surry, VA
☎ 804-294-5215
Seasonal

Heart of Virginia Olde Farmers' Market
Business Routes 460 & 15
Farmville, VA
☎ 804-392-6866
Seasonal

Vienna Farmers' Market
Nottoway Park on Courthouse Rd.
Vienna, VA
☎ 703-642-5173
Seasonal – Wednesday

Vinton Farmers' Market
W. Lee Ave.
Vinton, VA
☎ 540-983-0613
Seasonal

Virginia Beach Farmers' Market
1989 Landstown Rd.
Virginia Beach, VA
☎ 804-427-4395
Year-round

Warrenton Farmers' Market
5th & Lee streets
Warrenton, VA
☎ 540-347-2405
Seasonal

Waynesboro Farmers' Market
Archer St.
Waynesboro, VA
☎ 540-942-5021
Seasonal

Wytheville Farmers' Market
Main St.
Wytheville, VA
☎ 540-223-3365
Seasonal

Washington

Anacortes - Depot Farmers' Market
7th St. & "R" Ave.
Anacortes, WA
☎ 360-293-3663
May 16-October 10, Saturday 10am-2pm

Bainbridge Island Farmers' Market
200 Madison Ave.
Bainbridge Island, WA
☎ 360-297-8906
April 11-October, Saturday 9am-1pm

Battle Ground Farmers' Market
Main St., 1 block east of Parkway
Battle Ground, WA
☎ 360-687-6800
Seasonal – Saturday

Belfair Farmers' Market
Hwy. 3, across from Theler Center
Belfair, WA
☎ 360-275-2032
May 2-October 31, Saturday 9am-3pm

Bellingham Farmers' Market
Railroad Ave. & Chestnut St.
Bellingham, WA
☎ 360-647-2060
Saturday 10am-3pm

Bellingham - Fairhaven
11th & McKenzie
Bellingham, WA
☎ 360-738-1574
June 3-Sept. 30, Wednesday 3pm-7pm

Bothell Country Village Farmers' Market
238th & Bothell-Everett Hwy
Bothell, WA
☎ 425-483-2250
Seasonal – Friday

Bridgeport Farmers' Market
Quickie Mart, Hwys 17 & 173 at 26th St.
Bridgeport, WA
☎ 509-686-3875
June 19-October 9, Friday 9am-2pm

Cathlamet - Wahkiakum
PUD Building at 45 River St.
Cathlamet, WA
☎ 360-849-4769
June 6-October 31, Saturday 9am-1pm

Centralia - Lewis County
Pine St. between Tower & Railroad Ave.

Chehalis, WA
☎ 360-785-3101
April 24-Oct. 31, Fri. 9:30am-1pm & Sat. 11am-3:30pm

Chelan Valley Farmers' Market
Johnston St. next to C of C parking lot
Chelan, WA
☎ 509-682-4641
June 13-Oct. 17, Saturday 8:30am-noon

Colville Farmers' Market (2 locations)
Hawthorne & Elm (Wed. 11am-6pm);
810 N Hwy 395, Wal-Mart lot (Sat pm)
Colville, WA
☎ 509-675-1133
April 29-October

Colville-Northeast Washington
3rd & Main
Colville, WA
☎ 509-675-1133
May 2-October 31, Saturday 8:30am-1pm

Deer Park Farmers' Market
Deer Park Fairgrounds on Main St.
Deer Park, WA
☎ 509-276-7766
Seasonal – Saturday

Edmonds Museum Summer Market
Bell St., between 5th & 6th avenues
Edmonds, WA
☎ 425-775-5650
July 11-Sept. 26, Saturday 9am-1pm

Ellensburg - Kittias County
Washington School on 6th & Anderson
Ellensburg, WA
☎ 509-925-1776
May 1-October 31, Saturday 9am-1pm

Enumclaw County Market
Railroad St. & Griffin Ave.
Enumclaw, WA
☎ 253-939-1707
April 25-Oct. 17, Saturday 9:30am-3pm

Everett Farmers' Market
Everett Marina
Everett, WA
☎ 425-347-2790
June 7-September 27, Sunday 11am-4pm

Forks Farmers' Market
Thriftway parking lot
Forks, WA
☎ 360-374-6623
May 15-Oct. 15, Fri. & Sat. 10am-3pm

Gig Harbor Farmers' Market (2 locations)
Pierce Transit Park & Ride, Kimball St.,
(Sat. & 1st Sun. in June & July 9am-3pm)
& Volunteer Park, Key Peninsula, 5514
Key Peninsula Hwy. (Wed. 2-6:30pm)
Wauna, WA
☎ 253-884-2496
May 2-October 31

Graham Farmers' Market
198th & Meridian
Graham, WA
☎ 253-847-7601
Seasonal – Sunday

Granite Falls Farmers' Market
Mountain Way School, 702 N. Granite Ave.
Granite Falls, WA
☎ 360-691-6173
June 21-Sept. 27, Sunday noon-4pm

Hoquiam - Grays Farmers' Market
1956 Riverside Dr.
Aberdeen, WA
☎ 360-532-7896
Tuesday-Saturday 9am-6pm

Issaquah Public Market
Pickering Barn, SE 56th St. & 10th Ave. NW
Issaquah, WA
☎ 425-837-3321
April 11-Sept. 26, Saturday 9am-3pm

Kennewick Farmers' Market
Kennewick Ave. & Benton St.
Kennewick, WA
☎ 509-586-3101
June-Nov., Wed. & Sat. 8am-noon

Kent Market
Municipal lot, 4th & Smith streets
Kent, WA
☎ 253-813-6976
Apr.-Oct., Sat. 9am-4pm & Sun. 10am-3pm

Kingston Farmers' Market
Kingston Marina Park

Kingston, WA
☎ 360-297-2876
June 17-Sept. 30, Wed. 3pm-7pm; and
May 2-Oct. 10, Sat. 9am-2pm

Lakewood Farmers' Market
Lakewood Mall, 10509 Gravelly Lk. Rd.
Wauna, WA
☎ 253-884-2496
Tuesday 2pm-6:30pm

Longview - Cowlitz Farmers' Market
Cowlitz Cty. Expo Ctr., Fairgrounds lot
Longview, WA
☎ 360-425-1297
April 4-Oct. 31, Tues. & Sat. 8am-1pm

Lopez Island Farmers' Market
Lopez Village
Lopez, WA
☎ 360-468-3531
May 30-Sept., Wed. 2-5pm & Sat. 10am-2pm

Moses Lake-Columbia Basin Farmers' Mkt
Civic Park, downtown
Moses Lake, WA
☎ 509-765-4902
June-October, Saturday 7:30am-1pm

Mount Vernon Farmers' Market
Kincaid St. by the river
Mount Vernon, WA
☎ 360-336-5007
Seasonal – Saturday

Newport-Pend Oreille Valley Earth Market
402 S. Washington Ave. at Hwy. 2
Newport, WA
☎ 509-447-2552
Seasonal – Saturday

Okanogan Valley Farmers' Market
American Legion Park
Okanogan, WA
☎ 509-422-4128
June-Oct., Tues. 4-6pm & Sat. 9am-noon

Olympia Farmers' Market
700 N. Capitol Way
Olympia, WA
☎ 360-352-9096
April 2-Oct., Thur.-Sun. 10am-3pm; Nov.-Dec. 20, Sat. & Sun. 10am-3pm

Othello Farmers' Market
Main & Fourth
Othello, WA
☎ 509-488-2730
May 16-October 17, Saturday 8am-noon

Pasco Farmers' Market
4th Ave. & Columbia St.
Pasco, WA
☎ 509-545-0738
May-Nov., Wed. & Sat. 8am-noon

Port Angeles Farmers' Market
8th & Chase St.
Sequim, WA
☎ 360-683-7089
Saturday 9am-4pm

Port Ludlow Farmers' Market
Oak Bay & Paradise roads
Port Ludlow, WA
☎ 360-437-0996
Saturday
Port Orchard - Kitsap Regional
Bay St. behind Peninsula Feed Store
Port Orchard, WA
☎ 253-857-2657
April 25-October 31, Saturday 9am-3pm

Port Townsend-Jefferson Farmers' Market
Port Townsend, WA
☎ 360-379-5309/5125
April 18-Oct. 31, Wed. 3:30-6:30pm (uptown); Sat. 8:30am-1pm (downtown)

Prosser Farmers' Market
Prosser City Park on 7th & Sommers
Prosser, WA
☎ 509-786-3600
June-October, Saturday 8am-12:30pm

Puyallup Farmers' Market
Pioneer Park
Puyallup, WA
☎ 253-845-6755
May 2-September 5, Saturday 9am-2pm

Raymond Public Market
Riverfront Park on 3rd & Adler
Raymond, WA
☎ 360-942-2679
June 13-Sept. 26, Sat. & Sun. 10am-3pm

Redmond Farmers' Market
7730 Leary Way at Bear Creek Pkwy.
Redmond, WA
☎ 425-882-5151
Seasonal – Saturday

Roslyn Farmers' Market
111 Pennsylvania
Roslyn, WA
☎ 509-649-2352
Seasonal – Saturday

San Juan Islands Farmers' Market
Cty. Courthouse lot in Friday Harbor
Friday Harbor, WA
☎ 360-378-4874
Mid-April to late Oct., Sat. 10am-1:30pm

Seattle - Columbia City
4801 Rainier Ave. S & S. Edmunds St.
Seattle, WA
☎ 206-722-4835
June 3-October 7, Wednesday 3pm-7pm

Seattle - Fremont Farmers' Market
N. 34th St. & Fremont Ave.
Carnation, WA
☎ 425-333-6386
April 26-October 25, Sunday 10am-4pm

Seattle - Pike Place Market
First Ave. & Pike St.
Seattle, WA
☎ 206-682-7453
Mon.-Sat. 9am-6pm; Sun. 11am-5pm. Organic Farmer Days held June 17-Oct. 28; Wed. & Sun. 10am-5pm.

Seattle-University District Farmers' Market
Northeast 50th & University Way NE
Seattle, WA
☎ 206-633-1024
May 30-October 31, Saturday 9am-2pm

Seattle - West Seattle Farmers' Market
California Ave. SW & SW Alaska
Seattle, WA
☎ 206-633-1024
Seasonal – Sunday

Selah Farmers' Market
Old Fire Station Bld., 110 W. Naches Ave.
Selah, WA
☎ 509-697-4059
June 13-November 7, Saturday 9am-2pm

Sequim Open Air Market
2nd & Cedar
Sequim, WA
☎ 360-683-9446
May 23-October 31, Saturday 9am-2pm

Shelton Farmers' Market
Christmastown Park, 2nd St. between
Franklin & Railroad
Shelton, WA
☎ 360-427-4555
May 2-Oct. 10, Sat. & Sun. 10am-3pm

Silvana Farmers' Market
Downtown
Silvana, WA
☎ 360-652-5708
April 4-Sept. 26, Sat. 9am-3pm; and
June-Sept., Sat. 9am-3pm

Snohomish Farmers' Market
1st St., 2 blocks west of Avenue D bridge
Snohomish, WA
☎ 425-347-2790
May 14-Sept. 24, Thurs. 5pm-sunset

Spokane Marketplace
1202 W. First Ave.
Spokane, WA
☎ 509-456-0100
May; Wed. & Sat. 9am-5pm; June-Oct., Wed., Fri. & Sat. 9am-5pm, Sun. 11am-4pm; Nov.-Dec., Wed. & Sat. 10am-4pm

Spokane - The New Farmers' Market
Division & 2nd Ave.
Spokane, WA
☎ 509-685-1548
Seasonal – Wednesday and Sunday

Stanwood
Coast to Coast Store, 27008 90th Ave. NW
Marysville, WA
☎ 360-849-4769
May 1-September 26, Saturday 9am-2pm

Sultan Farmers' Market
At River Park on Main St.
Sultan, WA

☎ 360.793-2565
May 9-Sept. 26, Saturday 10am-2pm

Tacoma - Proctor Farmers' Market
Parking lot, 4001 N. 26th St.
Tacoma, WA
☎ 253-756-8901
June 6-August 29, Saturday 9am-2pm

Tacoma Farmers' Market
9th & Broadway streets
Tacoma, WA
☎ 253-272-7077
June 4-Sept. 10; Thursday 10am-3pm

Tonasket Farmers' Market
Triangle Park
Tonasket, WA
☎ 509-486-1328
June-October; Friday 3pm-6pm

University Place Farmers' Market
Bridgeport Way W & 36th at Clock Tower
University Place, WA
☎ 253-884-2496
Seasonal – Friday

Vancouver Farmers' Market
Broadway & 5th streets
Vancouver, WA
☎ 360-737-8298
April 4-October 31; Saturday 9am-3pm

Vashon Island Country Market
½ blk. north of Bank Rd.
Vashon, WA
☎ 206-463-6557
March 28-Oct. 10, Saturday 10am-3pm

Wenatchee Valley Farmers' Market
Wenatachee, WA
☎ 509-884-6412
Leavenworth (next to city pool), June-Oct., Tues. 9am-1pm; Wenatachee (Riverfront Park off 5th Ave.), June-Oct., Wed. & Sat. 8am-noon; Wenatachee (Wenatachee Ave. in front of convention center), June 4-Sept. 3, Thurs. 4-8pm

West Richland Farmers' Market
Flat Top Park at Range Rd. & Van Giesen
West Richmond, WA
☎ 509-967-3431
Seasonal – Saturday

Whidbey Island - Coupeville
8th & Main
Coupeville, WA
☎ 360-678-6757
April 4-October 10, Saturday 10am-2pm

Whidbey Island - Oak Harbor
N. Whidbey Middle School Field, Hwy 20
Oak Harbor, WA
☎ 360-675-3507
June 4-Sept. 24, Thurs. 4:30-7:30pm

Whidbey Island - SW Tilth
Bayview Rd., next to Bayview Farm & Garden
Langley, WA
☎ 360-730-7013
May 9-October 31, Saturday 10am-1pm

Woodinville Farmers' Market
Northeast 175th, next to City Hall
Woodinville, WA
☎ 425-485-1042
March 28-October 18, Saturday 9am-4pm

Yakima Farmers' Market
3rd St. between Yakima Ave & Chestnut
Yakima, WA
☎ 509-248-1117
Seasonal – Saturday

Washington DC

Adams Morgan Farmers' Market
18th & Columbia Rd.
Washington DC
☎ 814-448-3904
Seasonal

DC Farmers' Market
5th St. & Neal Place NE
Washington DC
☎ 202-547-3142
Year-round

DC Open Air Farmers' Market
RFK Stadium, Oklahoma Ave. & Benning Rd
Washington DC
☎ 202-678-0610/2800
Seasonal – Tuesday, Thursday & Saturday

Eastern Market
7th & North Carolina Ave. SE
Washington DC
☎ 202-543-7293
Year-round – Saturday and Sunday

FreshFarm Market at Dupont Circle
20th St. between Q St. & Mass. Ave. NW
Washington DC
☎ 202-331-7300
Seasonal – Sunday 9am-1pm

USDA Farmers' Market
1400 Independence Ave. SW
Washington DC
☎ 800-384-8704
Seasonal – Friday

West Virginia

Capitol Market
800 Smith St.
Charleston, WV
☎ 304-558-0185
Year-round – Monday, Saturday, & Sunday

Central City Market
555 14th St., West
Huntington, WV
☎ 304-634-9999
Seasonal – Tuesday, Thursday & Saturday

Central WV Farmers' Market Co-op
Route 33
Weston, WV
☎ 304-269-2667
Year-round – Monday and Saturday

Community Garden Farmers' Market
S. Main St.
Philippi, WV
☎ 304-457-3816
Seasonal – Monday and Friday

Elkins Farmers' Market
Elkins City Park
Elkins, WV
☎ 304-636-2455
Seasonal – Wednesday and Saturday

Fairmont Farmers' Market
Mid-city parking lot
Fairmont, WV
☎ 304-366-7485
Seasonal – Tuesday and Saturday

Farmers' Market of Beckley
Route 1
Beckley, WV
☎ 304-252-7711
Year-round – Monday and Saturday

Fayette County Farmers' Market
473 Ragland Rd.
Beckley, WV
☎ 304-253-9597
Seasonal – Saturday

Grant County Farmers' Market
Cookman lot, S. Groves St.
Petersburg, WV
☎ 304-257-4688
Seasonal – Wednesday

Hampshire County Farmers' Market
Bank of Romney, in Community Bldg. lot
Romney, WV
☎ 304-822-3603
Seasonal – Saturday

Inwood Farmers' Market
Grove St.
Inwood, WV
☎ 304-229-5011
Seasonal – Daily

Keyser Farmers' Market
Armstrong St. (under Memorial Bridge)
Keyser, WV
☎ 304-788-2513
Seasonal – Friday

Marshall County Farmers' Market
Marshall County Fairgrounds
Cameron, WV
☎ 304-686-2664
Seasonal – Tuesday, Wednesday & Saturday

Mercer County Tailgate Produce Market
Stafford Dr.
Princeton, WV
☎ 304-487-1439
Seasonal – Wednesday and Saturday

Pendleton County Farmers' Market
Fox's Pizza parking lot

Franklin, WV
☎ 304-358-7580/249-5200
Seasonal – Friday

Shepherdstown Farm Market Association
Route 1
Kearneysville, WV
☎ 304-725-3149
Seasonal – Sunday, Wednesday & Saturday

Summers County Farmers' Market
Courthouse Annex
Hinton, WV
No phone
Seasonal – Saturday

Summersville Farmers' Market
Broad St. & Hwy. 19
Summersville, WV
☎ 304-872-1731
Seasonal – Monday and Saturday

Upshur County Tailgate Market
City of Buckhannon parking lot
Buckhannon, WV
☎ 304-473-4208
Seasonal – Tuesday and Friday

Wheeling Farmers' Market
One Valley Bank parking lot, 12th St.
Wheeling, WV
☎ 614-635-1402
Seasonal – Wednesday and Saturday

Wisconsin

Algoma Farmers' Market
Legion Park
Algoma, WI
☎ 902-487-3717
Seasonal – Saturday and Sunday

Amery Chamber of Commerce
Soo Line Park on Keller Ave.
Balsam Lake, WI
☎ 715-268-4014
Seasonal – Monday

Antigo C of C Farmers' Market
Langlade County Fairgrounds
Antigo, WI
☎ 715-623-4134
Seasonal – Saturday

Appleton Farmers' Market
Mem. Park, W. Washington & N. Superior
Appleton, WI
☎ 920-954-9112
Seasonal – Saturday

Ashland Farmers' Market
US Hwy. 2 & Vaughn Ave.
Ashland, WI
☎ 800-284-9484
Seasonal – Saturday

Baraboo Farmers' Market
Courthouse Square on Oak St.
Baraboo, WI
☎ 608-356-7805
Seasonal – Wednesday and Saturday

Bayfield C of C Farmers' Market
Corner of Manypenny Ave. & 3rd St.
Bayfield, WI
☎ 715-779-3335
Seasonal – Saturday

Beaver Dam Farmers' Market
Beaver Dam Mall
Beaver Dam, WI
☎ 920-887-3106
Seasonal – Wednesday and Saturday

Beloit Farmers' Market
300 block of State St.
Beloit, WI
☎ 608-365-0150
Seasonal – Saturday

Boulder Junction Farmers' Market
Main St., in park (next to post office)
Boulder, WI
☎ 715-385-2400
Seasonal – Tuesday and Saturday

Brookfield Farmers' Market
2000 N. Calhoun Rd.
Brooksfield, WI
☎ 414-784-7804
Seasonal – Saturday

Burlington Chamber of Commerce
Corner of Jefferson & Calumet St.
Burlington, WI
☎ 414-763-6044
Seasonal – Daily

Cambridge Farmers' Market
Village Square Park
Cambridge, WI
☎ 608-423-3712
Seasonal – Tuesday

Cedarburg Farmers' Market
South of Community Center, downtown
Cedarburg, WI
☎ 414-377-5856
Seasonal – Sunday

Chippewa Falls Farmers' Market
Cobban Block lot, Bridge St.
Chippewa Falls, WI
☎ 715-723-7858
Seasonal – Thursday

Clintonville Farmers' Market
Downtown Bridge parking lot
Clintonville, WI
☎ 715-823-4606
Seasonal – Saturday

Cudahy Farmers' Market
4700 Packard Ave.
Cudahy, WI
☎ 414-486-9593
Seasonal – Friday

Delafield Farmers' Market
Bank One parking lot, City C
Oconomowoc, WI
☎ 414-986-4471
Seasonal – Thursday and Saturday

Denmark Farmers' Market
Main St.
Denmark, WI
☎ 920-863-8830
Seasonal – Thursday

DePere East Farmers' Market
N. Wisconsin & James St.
DePere, WI
☎ 920-336-9129
Seasonal – Thursday

DePere West Farmers' Market
330 Reid St., Sure Way parking lot
DePere, WI
☎ 920-433-7767
Seasonal – Tuesday

Dodgeville Farmers' Market
City parking lot
Dodgeville, WI
☎ 608-987-2004
Seasonal – Saturday

East Town Farm Market
Cathedral Square, Kilbourn & Jefferson St.
Milwaukee, WI
☎ 414-271-1416
Seasonal – Saturday

Eau Claire Farmers' Market I
Railroad St. parking lot
Eau Claire, WI
☎ 715-839-5697
Seasonal – Wednesday and Thursday

Eau Claire Farmers' Market II
Oakwood Mall
Eau Claire, WI
☎ 715-285-5351
Seasonal – Monday and Wednesday

Elkhart Lake Farmers' Market
Elkhart Lake Depot
Elkhart Lake, WI
☎ 920-876-2922
Seasonal – Saturday

Elkhorn Farmers' Market
Liberty lot off the square
Elkhorn, WI
☎ 414-723-5788
Seasonal – Saturday

Ellsworth Farmers' Market
Downtown
Ellsworth, WI
☎ 715-273-4949
Seasonal – Saturday

Elmwood Farmers' Market
Downtown
Elmwood, WI
☎ 715-639-4231
Seasonal – Saturday

Fennimore Farmers' Market
Memorial Park
Fennimore, WI
☎ 608-822-6400
Seasonal – Saturday

Fitchburg Farmers' Market
S. Fish Hatchery & E. Cheryl Pkwy.
Fitchburg, WI
☎ 608-277-2606
Seasonal – Thursday

Fond du Lac Farmers' Market
Portland St. parking lot
Fond du Lac, WI
☎ 920-921-9500
Seasonal – Saturday

Fondy Farmers' Market
2200 W. Fond du Lac Ave.
Milwaukee, WI
☎ 414-527-1908
Seasonal – Monday through Saturday

Frederic Farmers' Market Inter-City Co-op Publishing parking lot
Frederic, WI
☎ 715-327-8887
Seasonal – Saturday

Grafton Farmers' Market
Twin City Plaza lot, Wisconsin Ave.
Grafton, WI
☎ 414-377-1650
Seasonal – Thursday

Green Bay Farmers' Market I
Cherry & Quincy streets
Green Bay, WI
☎ 920-448-8306
Seasonal – Saturday

Green Bay Farmers' Market II
Wal-Mart parking lot, 2440 W. Mason
Green Bay, WI
☎ 920-448-8306
Seasonal – Wednesday

Greendale Farmers' Market
Municipal parking lot
Greendale, WI
☎ 414-421-8194
Seasonal – Saturday

Hartford Farmers' Market
Johnson St. parking lot
Hartford, WI
☎ 414-673-7193
Seasonal – Saturday

Hartland Farmers' Market
Hartland Depot, Pawling Ave.
Hartland, WI
☎ 414-367-8912
Seasonal – Wednesday and Saturday

Hillsboro Farmers' Market
Royal Bank parking lot
Hillsboro, WI
☎ 608-489-2350
Seasonal – Saturday

Howell Avenue Farmers' Market
4015 S. Howell Ave.
Milwaukee, WI
☎ 414-744-5800
Seasonal – Saturday

Hudson Farmers' Market
2nd & Vine parking lot
Hudson, WI
☎ 715-386-8974
Seasonal – Thursday

Hurley Farmers' Market
Business Hwy. 51 & 10th St.
Hurley, WI
☎ 715-561-3158
Seasonal – Wednesday and Saturday

Janesville Farmers' Market
Downtown parking lot
Janesville, WI
☎ 608-752-0295
Seasonal – Wednesday

Jefferson Farmers' Market
Rotary Waterfront Park
Jefferson, WI
☎ 920-674-7700
Seasonal – Tuesday

Juneau Farmers' Market
Dodge City Courthouse Square
Juneau, WI
☎ 920-386-3359
Seasonal – Friday

Kenosha Farmers' Market (5 locations)
Roosevelt/Anderson Park; 45th St. & 8th Ave. (Union Park); Columbus Park; 18th Ave. & 70th St. (Lincoln Park); 66th St. & Sheridan Rd. (Baxter Park)

Kenosha, WI
☎ 414-635-6700
Seasonal – Monday and Saturday

Kewaunee Farmers' Market
Downtown on Hwy. 42 near harbor
Kewaunee, WI
☎ 920-388-0529
Seasonal – Friday

LaCrosse Farmers' Market (2 loc.)
Bridgeview Plaza; Lot at Vine & State St.
LaCrosse, WI
☎ 800-658-9424
Seasonal – Wednesday, Saturday & Sunday

Ladysmith Farmers' Market
Hwy. 8 at 4th St.
Ladysmith, WI
☎ 715-532-3791
Seasonal – Wednesday

Lake Mills Farmers' Market
City Park
Lake Mills, WI
☎ 920-648-3585
Seasonal – Saturday

Land O' Lakes Farmers' Market
Downtown
Land O' Lakes, WI
☎ 715-547-6914
Seasonal – Thursday

Madison Farmers' Market I
Capitol Square
Madison, WI
☎ 920-563-5037
Seasonal – Saturday

Madison Farmers' Market II
Post office & City-County Building
Madison, WI
☎ 920-563-5037
Seasonal – Wednesday

Madison Farmers' Market III
Hilldale Shopping Center
Madison, WI
☎ 608-238-6353
Seasonal – Wednesday

Manitowoc Farmers' Market
828 Memorial Dr., Hwy. 42
Manitowoc, WI
☎ 920-682-6193
Seasonal – Tuesday, Friday and Saturday

Marinette Farmers' Market
Eggener St. behind Elk Building
Marinette, WI
☎ 715-735-6681
Seasonal – Tuesday

Mauston Farmers' Market
Juneau City Courthouse, 220 East St.
Mauston, WI
☎ 608-847-4142
Seasonal – Saturday

Mayville Farmers' Market
Main St.
Mayville, WI
☎ 920-387-4316
Seasonal – Wednesday

McFarland Farmers' Market
Farwell & Main St.
McFarland, WI
☎ 608-838-3768
Seasonal – Thursday

Medford Farmers' Market
Taylor County Fairgrounds
Medford, WI
☎ 715-748-3327
Seasonal – Saturday

Menomonie Falls Farmers' Market
North Middle School, Main St.
Menomonie Falls, WI
☎ 414-251-8797
Seasonal – Saturday

Merrill Farmers' Market I
Hwys. 51 & 64
Merrill, WI
☎ 715-536-9474
Seasonal – Saturday
Merrill Farmers' Market II

Pamida lot on Hwy. 64
Merrill, WI
☎ 715-536-9474
Seasonal – Wednesday

Merrill Farmers' Market III
Wal-Mart lot
Merrill, WI
☎ 715-536-9474
Seasonal – Tuesday

Middleton Farmers' Market
Greenway Blvd. & Deming Way, M&I
Tower parking lot
Middleton, WI
☎ 608-831-4784
Seasonal – Thursday

Milwaukee Farmers' Market I
2200 W. Fond du Lac Ave.
Milwaukee, WI
☎ 414-223-5817
Year-round – Monday

Milwaukee Farmers' Market II
Mitchell & 13th streets
Milwaukee, WI
☎ 414-223-5817
Year-round – Monday

Milwaukee Farmers' Market III
4th & Wisconsin Ave.
Milwaukee, WI
☎ 414-276-6696
Seasonal – Wednesday

Mineral Point Farmers' Market
Water Tower Park
Mineral Point, WI
☎ 608-987-2580
Seasonal – Saturday

Monroe Farmers' Market
13th St. & 17th Ave.
Monroe, WI
☎ 608-325-7648
Seasonal – Wednesday and Saturday

Mt. Horeb Farmers' Market
225 E. Main St.
Mt. Horeb, WI
☎ 608-437-6348
Seasonal – Thursday

Neenah Farmers' Market
Wisconsin & Commercial
Neenah, WI
☎ 920-722-1920
Seasonal – Saturday

Neillsville Farmers' Market
Town Square
Neillsville, WI
No phone
Seasonal – Saturday

New Berlin Farmers' Market
Kmart, 15333 W. National Ave.
New Berlin, WI
☎ 414-786-5280
Seasonal – Wednesday and Saturday

New London Farmers' Market
Wal-Mart parking lot
New London, WI
☎ 920-982-5822
Seasonal – Saturday

New Richmond Farmers' Market
Heritage Center
New Richmond, WI
☎ 715-246-3276
Seasonal – Saturday

Oconomowoc Farmers' Market
Silver Lake St. & Wisconsin Ave.
Oconomowoc, WI
☎ 414-567-2666
Seasonal – Saturday

Onalaska Farmers' Market
Festival Foods, 1260 Crossing Meadows Dr.
Onalaska, WI
☎ 608-781-2272
Seasonal – Sunday

Oregon Farmers' Market
Triangle Park, downtown
Oregon, WI
☎ 608-455-2803
Seasonal – Tuesday

Oshkosh Farmers' Market I
Corner of Division & Church St.
Oshkosh, WI
☎ 920-232-1976
Seasonal – Wednesday and Saturday

Pewaukee Farmers' Market
203 W. Wisconsin Ave.

Pewaukee, WI
☎ 414-695-9735
Seasonal – Thursday

Platteville Farmers' Market
Oak & Main St.
Platteville, WI
☎ 608-348-8959
Seasonal – Saturday

Port Washington Farmers' Market
Main St.
Port Washington, WI
☎ 414-268-0471
Seasonal – Saturday

Prairie Du Chien Farmers' Market
F & M Bank lot
Prairie Du Chien, WI
☎ 608-326-2424
Seasonal – Saturday

Princeton Farmers' Market
2nd & Main streets
Princeton, WI
☎ 414-295-3877
Seasonal – Wednesday

Racine Farmers' Market (2 locations)
3701 Durand (Elmwood Plaza); 700 State
Racine, WI
☎ 414-886-3284
Seasonal – Tuesday, Friday and Saturday

Raymond Farmers' Market
I-94 & 7 Mile Rd.
Caledonia, WI
☎ 414-835-2177
Year-round – Saturday and Sunday

Reedsburg Farmers' Market
325 Main St.
Reedsburg, WI
☎ 608-524-6404
Seasonal – Daily

Rice Lake Farmers' Market (2 locations)
S. Main St. (north of Main St.) & S. Main St. (south of Main St.)
Rice Lake, WI
☎ 715-234-2126/5117
Seasonal – Saturday

Richland Center Farmers' Market
Courthouse, downtown
Richland, WI
☎ 608-647-8418
Seasonal – Saturday

Ripon Farmers' Market
400 Watson St.
Ripon, WI
☎ 920-748-7466
Seasonal – Tuesday

River Falls Farmers' Market
Heritage Park, E. Maple St.
River Falls, WI
☎ 715-425-2533
Seasonal – Saturday

Riverwest Farmers' Market
Garden Park, Locust & Bremen streets
Milwaukee, WI
☎ 414-264-0633
Seasonal – Sunday

Shawano Farmers' Market
Fairview Plaza
Shawano, WI
☎ 715-524-2139
Seasonal – Saturday

Sheboygan Farmers' Market
8th & Niagara
Sheboygan, WI
☎ 920-452-0833
Seasonal – Wednesday

Silver Spring Farmers' Market
5500 W. Silver Spring Dr.
Milwaukee, WI
☎ 414-527-1908
Seasonal – Weekdays

South Milwaukee Farmers' Market
St. Mary's Church, 1304 Manitoba Ave.
Milwaukee, WI
☎ 414-886-3284
Seasonal – Thursday

South Shore Farmers' Market
South Shore Park in Bay View
Milwaukee, WI
☎ 414-482-0573
Seasonal – Saturday

Sparta Farmers' Market
Courthouse on Main St.
Sparta, WI
☎ 608-269-8486
Seasonal – Wednesday and Saturday

Spring Green Farmers' Market
Jefferson St. parking lot, downtown
Spring Green, WI
☎ 608-588-7070
Seasonal – Saturday

St. Croix Falls Farmers' Market
Overlook parking lot, downtown
St. Croix Falls, WI
☎ 715-483-1410
Seasonal – Thursday and Saturday

St. Joseph's Hospital Outdoor Farmers' Mkt
Gengler Park, 50th & Burleigh St.
Milwaukee, WI
☎ 414-447-2057
Seasonal – Wednesday

Stevens Point Farmers' Market
Public Square
Stevens Point, WI
☎ 715-346-1569
Seasonal – Daily

Stoughton Farmers' Market
Water St.
Stoughton, WI
☎ 608-873-7314
Seasonal – Friday

Sturgeon Bay Farmers' Market
Market Square
Sturgeon Bay, WI
☎ 920-746-2914
Seasonal – Saturday

Sunday Prairie Farmers' Market
411 E. Main St.
Sunday Prairie, WI
☎ 608-837-9397
Seasonal – Saturday

Thiensville Farmers' Market
Main & Freistadt
Thiensville, WI
☎ 414-242-1050
Seasonal – Tuesday

Tomah Farmers' Market
E. Holton St. on Gillett Park
Tomah, WI
☎ 800-948-6624
Seasonal – Saturday

Uptown Farmers' Market
49th St. & Lisbon Ave.
Milwaukee, WI
☎ 414-527-1908
Seasonal – Sunday

Viroqua Farmers' Market
220 S. Main St.
Viroqua, WI
☎ 608-637-2666
Seasonal – Saturday

Washburn Farmers' Market
Bayfield St.
Washburn, WI
☎ 715-373-2922
Seasonal – Wednesday

Watertown Farmers' Market
N. 1st parking lot
Watertown, WI
☎ 920-261-6320
Year-round – Tuesday

Waukesha Farmers' Market
Main & St. Paul
Waukesha, WI
☎ 414-549-6154
Seasonal – Tuesday and Thursday

Waunakee Farmers' Market
Murphy Park
Waunkee, WI
☎ 608-849-5977
Seasonal – Thursday

Waupaca Farmers' Market
E. Fulton St.
Waupaca, WI
☎ 715-258-4411
Year-round – Daily

Wausau Farmers' Market
300 River Dr.

Wausau, WI
☎ 715-675-3859
Seasonal – Wednesday and Saturday

Wautoma Farmers' Market
City parking lot, W. Main Ave.
Wautoma, WI
☎ 920-787-4044
Seasonal – Thursday

Wauwatosa Farmers' Market
7735 Harwood Ave.
Wauwatosa, WI
☎ 414-454-0200
Seasonal – Thursday

West Allis Farmers' Market
1559 S. 65th St.
West Allis, WI
☎ 414-543-2052
Seasonal – Tuesday and Thursday

Westown Market on the Park
Zeidler Union Square, 4th & Michigan St.
Milwaukee, WI
☎ 414-276-6696
Seasonal – Wednesday

Whitehall Farmers' Market
Gazebo on Main St.
Whitehall, WI
☎ 715-538-2361
Seasonal

Whitewater Farmers' Market
Wal-Mart parking lot
Whitewater, WI
☎ 414-473-3221
Seasonal – Saturday

Wisconsin Dells Farmers' Market
Bowman Park, Broadway
Wisconsin Dells, WI
☎ 608-254-7458
Seasonal – Daily

Wyoming

Buffalo Farmers' Market
55 N. Main
Buffalo, WY
☎ 307-684-9551
Seasonal

Casper Farmers' Market
2011 Fairgrounds Rd.
Casper, WY
☎ 307-235-9400
Seasonal – Saturday

Cheyenne Farmers' Market
1620 Central Ave.
Cheyenne, WY
☎ 307-635-9291
Seasonal – Saturday

Powell Farmers' Market
1257 State Rd., #9
Powell, WY
☎ 307-754-3826
Seasonal

Riverton Farmers' Market
Route 1
Riverton, WY
☎ 307-856-1636
Seasonal

Worland Farmers' Market
Library complex
Worland, WY
☎ 307-347-3431
Seasonal

Glossary

Vegetarian Food Items

achar – A Nepali condiment often made with a tomato base.

baba ganouj (also baba ghanoush; baba gannoujh) – A Middle Eastern puree of eggplant, tahini, olive oil, lemon juice and garlic. It is often served alongside pita bread as a spread for an appetizer.

bhat – Steamed rice.

bhutuwas – Meats or vegetables stir-fried in a fine, Nepali mustard oil.

bulghur wheat (also bulgur wheat) – A grain staple in the Middle East consisting of wheat kernels that have been steamed, dried and crushed. Bulghur wheat was an extremely popular grain during the 1970s at the height of the vegetarian movement. Today it is primarily found in the Middle Eastern dish tabbouli.

chapati (also chapatti) – A thick, unleavened bread found in East Indian restaurants that may be used as a scoop for various curries.

chhola – Stew made with mixed vegetables.

chow-chow – Tibetan noodles, similar to spaghetti, or cavatelli.

chutney – Indian word for condiment. Chutneys may be sweet or spicy, chunky or smooth. Traditionally they are served separately in small bowls and may be placed on curries and breads as the diner sees fit.

co-op (also co-operative; cooperative) – The International Co-operative Alliance defines a co-op as an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise. Food co-ops are generally formed so that members have knowledge of, and trust in the co-op's food sources, ensuring, for example, that organic foods are actually organic.

coulis – General term referring to a thick puree or sauce. In modern restaurants, a coulis is often drizzled along the edges of an entrée to add color to a particular dish.

couscous – A North African grain, couscous is semolina (coarsely ground wheat) that has been cooked and spiced with saffron, hot peppers, tomatoes or sweeteners.

curry – General term used in Indian cooking to refer to any number of hot, spicy, gravy-based dishes.

dal – A spicy Indian soup made with lentils or other beans, as well as tomatoes, onions and various seasonings.

dim sum – The words *dim sum* mean "heart's delight" in Cantonese and refer to a variety of appetizers served in Chinese teahouses, including steamed dumplings, shrimp balls, steamed buns and Chinese pastries. Instead of ordering ahead of time, diners pick dim sum items off carts or trays that are brought out periodically from the kitchen. At the end of a meal, patrons are charged according to the empty plates left on their table.

dosai (also dosa) – An entrée item originating in South India, dosai are large, thick vegetable-filled crepes.

falafel – A Middle Eastern sandwich made with pita bread, various vegetables, tahini or a yogurt sauce, and deep-fried balls of garbanzo beans and spices.

garden burger – A burger-shaped patty produced by a number of manufacturers and made from a variety of non-meat ingredients including soy, vegetables and TVP.

ginkgo – Ginkgo nuts are unusual, flavorful nuts often found in Japanese soups. Extracted from the seed, the herb ginkgo biloba reputedly is effective as a memory enhancer. Many juice bars offer ginkgo as an additive.

ginseng – A licorice-flavored root found in China. In Eastern medicine ginseng is used as a restorative, having an awakening effect similar to caffeine.

gluten – A protein (scientific name is glutenin), gluten is extracted from wheat and other cereals and can make an excellent replacement for meat protein. By itself, gluten is a tough elastic grayish substance with the consistency of chewing gum. Gluten is a central ingredient in most bread products. It is also used heavily in Chinese Buddhist restaurants.

hemp – The tough, coarse fiber of the cannabis plant, hemp is touted by proponents as a superior fiber to cotton. Hemp plants require less pesticide usage than cotton and provide up to a dozen times the amount of fiber per plant. Clothing made from hemp can often be found in shops where other alternative products are sold.

hummus – Found in most Middle Eastern restaurants, hummus is a smooth, thick mixture of mashed chickpeas, tahini, oil, lemon and garlic used as a dip for pita bread or a spread for sandwiches.

hydroponics – The cultivation of plants in a nutrient solution rather than soil. Hydroponically grown fruits and vegetables are often found in areas with short growing seasons, such as Alaska and Maine.

injera – Found in Ethiopian restaurants, injera is a largish fermented flatbread served on a griddle. In lieu of utensils, injera is used to scoop up Ethiopian pastes and curries.

kosher – Foods served in accordance with Jewish dietary laws. One of these laws indicates that meat and dairy products may not be eaten in the same sitting. Kosher dairy restaurants are good bets for ovo-lacto vegetarians.

lassi – A sweet, chilled Indian drink made with yogurt and flavored with mangoes or other tropical fruits.

macrobiotic – The theory or practice of promoting well-being and longevity through a diet consisting chiefly of whole grains and beans.

masa – Dough used to make corn tortillas. Masa sometimes appears as an uncooked side dish in Southwestern restaurants.

masala – General term used in Indian cooking to describe a spice blend used in curry dishes. Variations are countless but generally contain spices such as cardamom, coriander, cloves, cumin, dried chilies and mace.

meat analog – Any of several animal-free food products used to imitate the taste of meat.

mezze – Middle Eastern term for an assortment of appetizers brought to the table to be shared among diners.

millet – A food staple in much of the Third World, millet has a bland flavor but is a rich source of protein, making it a popular grain for vegetarians. It can be boiled and used to make hot cereal or be ground and used to make puddings, breads and cakes.

miso – Japanese term referring to a thick, fermented paste made by grinding together cooked soybeans, rice or barley, and salt. Miso is used to make miso soup, and is a common ingredient in Asian cooking. For vegetarians it can be an important source of B vitamins and protein.

momo – A soft dumpling stuffed with various vegetables or meats.

mulligatawny – A spicy South Indian soup traditionally cooked in the morning with available meats and vegetables and then served fresh as an appetizer in the evening. Vegetarian versions are often available.

nan – An East Indian white-flour flatbread traditionally baked in a tandoori oven on the premises and served hot and fresh. The smoky-flavored bread can be used as a scoop for rice or curries.

nori – Paper-thin sheets of dried seaweed used in Japanese cooking to wrap sushi or rice balls. It can also be found grated into a coarse powder and used as a seasoning. Nori has a mild sweet and salty flavor and is a rich source of protein, calcium and iron.

organic – Refers to food that is cultivated and/or processed without the use of chemicals of any sort, including fertilizers, insecticides, artificial coloring or flavoring and additives. There is debate among farmers and the public as to whether genetically altered fruits and vegetables or foods that have been chemically cross-contaminated (through shipping, wind or shared water sources) can also be considered organic. Currently California is the only state that officially regulates organic farming.

ovo-lacto vegetarian – A vegetarian whose diet includes dairy products and eggs.

pad Thai – A Thai noodle dish that combines cooked rice noodles, tofu, shrimp, crushed peanuts, bean sprouts, garlic, chilies and eggs stir-fried together in a traditional wok. Most pad Thai dishes can be served without the shrimp, but they also contain nam pla, an Asian fish sauce. Strict vegetarians should inquire whether the fish sauce can be removed from the dish.

pakoras (also pakodas) – An Indian appetizer, pakoras are fritters that are dipped in a ground chickpea batter and deep-fried. Pakoras may contain any number of vegetables, meats or rice.

papadam – Crispy, paper-thin Indian bread made with lentil flour.

posole – Traditional Mexican soup made with pork, hominy, onion, garlic and dried chilies. A popular dish in the Southwest, it's well worth seeking out a vegetarian version.

quinoa – A relatively unknown South American grain, quinoa is gaining popularity as an alternative to rice because of its high protein and nutrient content, as well as its short cooking time. It can occasionally be found in upscale vegetarian restaurants.

raita – A yogurt, cucumber and mint chutney used as a cooling agent to balance the spicy nature of Indian curries.

raw foods – A dietary philosophy stressing the eating of raw fruits and vegetables, especially "sprouted" vegetables such as beans and alfalfa sprouts. Raw enthusiasts believe that cooking drains valuable vitamins and minerals from foods.

rennet – A dried extract made from the stomach lining of calves, used in cheese-making to help curdle milk. Many vegetarians seek out rennetless cheese, in order to avoid ingesting this extract.

rotis – Nepali crispy flatbreads that vary in size and texture from restaurant to restaurant.

samosa – Indian term referring to a small fried turnover filled with vegetables, meat or a combination of both. Generally served hot as an appetizer with various chutneys.

seitan (pronounced SAY-tan) – A protein-rich food made from wheat gluten and used in many vegetarian dishes. With a chewy texture similar to that of meat, a high protein content, and a sponge-like ability to take on the flavor of other foods, seitan is often used by creative cooks to imitate meat. Also called wheatmeat.

soy – An adjective used to describe foods made with soybeans. Soybeans are extremely versatile and are used to make Americanized foods such as soy milk and soy cheese as well as traditional Chinese foods such as soy sauce, tofu, miso and tamari. Low in carbohydrates and high in proteins and certain desirable oils, soy is quickly gaining popularity as a healthy alternative to meats.

soy milk – A non-dairy, milk-like liquid made from pressed soybeans.

soy sauce – A dark, salty sauce made by fermenting boiled soybeans and roasted wheat or barley. It is used liberally in Chinese and Japanese cooking to add flavor to stir-fries, rice dishes and noodles.

spanakopita – A Greek spinach pie, typically served as an appetizer and made with layers of buttered filo pastry and a filling of sautéed chopped spinach, onions, scallions, feta cheese, spices and sometimes eggs.

tabbouli (also tabouli; tabbouleh)– A finely chopped Lebanese salad made with bulghur wheat, scallions, tomatoes, mint and parsley.

tahini – Used as an ingredient in many Middle Eastern dishes, tahini is a thick paste made from ground sesame seeds.

tarkaris – Curried vegetables or meats.

tamari – A cousin to soy sauce, tamari is a dark sauce used in Asian cooking and made from soybeans. In general, it is slightly thicker than soy sauce but has a lower salt content.

tandoori – Refers to any foods cooked in traditional, Indian rounded-top ovens made of brick and clay. Breads, vegetables and meats are cooked over the intense direct heat of the oven's open flames. The tandoori oven gives nan its distinctive smoky flavor.

taro root – An unusually large potato-like vegetable found in Hawaii and Polynesia. Used to make poi, a sticky porridge served at Hawaiian luaus.

tempeh – A high-protein food of Indonesian origin made from partially cooked fermented soybeans. More flavorful than its cousin, tofu, tempeh has a nutty flavor.

terrine – Term often used at upscale vegetarian restaurants to refer to a non-meat paté.

tofu – Popularized in China, tofu is a protein-rich food with a Jello-like texture, made from soybeans. It is curdled from soy milk in a similar fashion to the way cheese is formed from cow's milk. Because of its neutral flavoring, tofu is best prepared by marinating or stir-frying. It can also be mixed into just about any food to add protein or texture. Tofu comes in a variety of firmness grades. Softer varieties can be used to make rich soups, salad dressings and salads. Firmer varieties can be sliced and used in traditional Asian dishes.

TVP (textured vegetable protein) – Made from defatted soy flour that has been compressed and processed into granules or chunks. When rehydrated, TVP has a texture similar to ground beef and can be used as a low-fat replacement for beef. (The fast food industry has used TVP for years as a "meat extender" because of its low cost.)

vegan – A person who disavows the use of all products obtained through animal suffering, including the consumption of meats, dairy products and eggs. Vegans also avoid the use of leather products. In this book, vegans are often referred to as "strict vegetarians."

wakame – A deep-green edible seaweed popular in Japan and used frequently in macrobiotic dishes. It may be used as a vegetable in soups and salads.

wasabi – A green-colored Japanese version of horseradish. Wasabi is mixed with soy sauce to form a dipping sauce for sushi. Tasted alone, wasabi is an intense, fiery experience. It is usually served with pickled ginger; chew on a piece to cool a burning tongue.

wheatmeat – Another word for seitan.

wrap – A California hybrid of the burrito. Wraps are rolled tortillas stuffed with any number of ethnic and traditional foods.

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